



28 Day Balanced 900 Calorie Meal Plan PDF (Week 2)

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EXERCISE
with Style

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EXERCISE WITH STYLE

How To Use Our Meal Plans

You can repeat the same day for several days if you like.

You can make changes within the same day. For example, you can switch Monday's lunch and dinner. Or, have the afternoon snack in the morning. But, what you can't do is switch meals from different days. For example, switch Monday's lunch for Wednesday's lunch. This can change the calorie and macro distribution for the day.

Leftovers appear "greyed out" on your planner and can be a fast and easy way to prep meals for future meals.

Get a customized road map from me personally.

As a side note, if you're serious about taking your health and nutrition to the next level; every month I offer a limited number of 1-on-1 calls where I give you personalized insights and actionable advice.

We'll take what you're learning here and turn it into a **customized nutrition plan tailored to your unique goals, lifestyle, and preferences.**

In addition, I can also answer any questions you have about my 3 month 1-on-1 program if I have spots available. [You can book a call with me here.](#)

If you have any question about your meal plan please email me at brenda.peralta@exercisewithstyle.com

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

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MON



BREAKFAST
Savory Quinoa Porridge



LUNCH
Cucumber & Tzatziki Sandwich



DINNER
Grilled Vegetable & Lentil Salad

TUE



BREAKFAST
Savory Quinoa Porridge



LUNCH
Grilled Vegetable & Lentil Salad



DINNER
Chicken Soba Noodle Soup

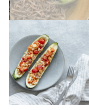
WED



BREAKFAST
Savory Quinoa Porridge



LUNCH
Chicken Soba Noodle Soup



DINNER
Veggie & Feta Zucchini Boats

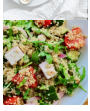
THU



BREAKFAST
Cottage Cheese with Mango



LUNCH
Veggie & Feta Zucchini Boats



DINNER
Quinoa Greek Salad

FRI



BREAKFAST
Cottage Cheese with Mango



LUNCH
Quinoa Greek Salad



DINNER
Tofu & Veggie Stir Fry

SAT



BREAKFAST
Soba Breakfast Bowl



LUNCH
Tofu & Veggie Stir Fry



DINNER
0.5 Yellow Bean, Potato, & Turkey Sausage Casserole

SUN



BREAKFAST
Soba Breakfast Bowl



LUNCH
0.5 Yellow Bean, Potato, & Turkey Sausage Casserole



DINNER
Mango & Chickpea Kale Salad

MON

FAT 30% CARBS 50% PROTEIN 20%

Calories 985
Fat 34g
Carbs 125g
Fiber 27g
Sugar 21g
Protein 50g
Cholesterol 213mg
Sodium 1649mg
Vitamin A 4472IU
Vitamin C 137mg
Calcium 545mg
Iron 13mg

TUE

FAT 32% CARBS 48% PROTEIN 20%

Calories 1062
Fat 36g
Carbs 122g
Fiber 21g
Sugar 13g
Protein 52g
Cholesterol 259mg
Sodium 2067mg
Vitamin A 5807IU
Vitamin C 151mg
Calcium 407mg
Iron 12mg

WED

FAT 31% CARBS 49% PROTEIN 20%

Calories 1020
Fat 33g
Carbs 119g
Fiber 20g
Sugar 12g
Protein 49g
Cholesterol 272mg
Sodium 2155mg
Vitamin A 3962IU
Vitamin C 90mg
Calcium 472mg
Iron 8mg

THU

FAT 32% CARBS 45% PROTEIN 23%

Calories 922
Fat 34g
Carbs 106g
Fiber 21g
Sugar 42g
Protein 54g
Cholesterol 99mg
Sodium 1742mg
Vitamin A 5243IU
Vitamin C 146mg
Calcium 725mg
Iron 6mg

FRI

FAT 30% CARBS 47% PROTEIN 23%

Calories 971
Fat 33g
Carbs 117g
Fiber 14g
Sugar 39g
Protein 58g
Cholesterol 69mg
Sodium 2229mg
Vitamin A 16144IU
Vitamin C 158mg
Calcium 942mg
Iron 8mg

SAT

FAT 29% CARBS 48% PROTEIN 23%

Calories 941
Fat 29g
Carbs 109g
Fiber 13g
Sugar 11g
Protein 53g
Cholesterol 407mg
Sodium 2106mg
Vitamin A 15469IU
Vitamin C 144mg
Calcium 752mg
Iron 10mg

SUN

FAT 30% CARBS 51% PROTEIN 19%

Calories 961
Fat 31g
Carbs 117g
Fiber 17g
Sugar 26g
Protein 45g
Cholesterol 407mg
Sodium 1019mg
Vitamin A 4424IU
Vitamin C 106mg
Calcium 362mg
Iron 9mg

FRUITS

- 1/2 Lemon
- 1/2 Lime
- 1 1/4 Mango
- 2 tbsps Pomegranate Seeds

BREAKFAST

- 3/4 tsp Maple Syrup

SEEDS, NUTS & SPICES

- 2 tbsps Cashews
- 3/4 tsp Dried Thyme
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Sesame Seeds

VEGETABLES

- 2 cups Arugula
- 3 1/2 cups Bok Choy
- 1 1/2 Carrot
- 2/3 cup Cherry Tomatoes
- 3/4 Cucumber
- 1 1/2 tps Fresh Sage
- 1 Garlic
- 1 1/8 tbsps Ginger
- 3 stalks Green Onion
- 4 1/2 cups Kale Leaves
- 4 cups Mixed Greens
- 1/2 cup Parsley
- 1 cup Portobello Mushroom
- 1 3/4 Red Bell Pepper
- 1 1/8 cups Red Onion
- 1 1/2 tps Rosemary
- 1 Tomato
- 1 cup Yellow Beans
- 3/4 Yellow Potato
- 3 1/16 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 200 grams Buckwheat Soba Noodles
- 2 tbsps Canned Coconut Milk
- 1/2 cup Chickpeas
- 1 cup Lentils
- 3/4 cup Quick Oats
- 1 1/3 cups Quinoa
- 1 cup White Navy Beans

BAKING

- 1/2 tsp Blackstrap Molasses
- 1 tbsp Nutritional Yeast
- 3/4 tsp Tapioca Flour

BREAD, FISH, MEAT & CHEESE

- 113 grams Chicken Leg, Bone-In
- 1 1/4 cups Feta Cheese
- 241 grams Tofu
- 92 grams Turkey Sausage
- 2 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 1/2 tps Balsamic Vinegar
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1/8 tsp Fish Sauce
- 2 2/3 tbsps Italian Dressing
- 2 1/2 tbsps Red Wine Vinegar
- 1 1/2 tbsps Rice Vinegar
- 3 tbsps Tamari

COLD

- 2 cups Cottage Cheese
- 7 Egg
- 1/4 cup Tzatziki

OTHER

- 9 3/4 cups Water

Savory Quinoa Porridge

3 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Water
3/4 cup Quinoa (uncooked)
3/4 cup Quick Oats
3 stalks Green Onion (large, sliced)
1 tbsp Nutritional Yeast
3/4 tsp Dried Thyme
3/4 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
3 Egg

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	186mg
Fat	13g	Sodium	684mg
Carbs	43g	Vitamin A	765IU
Fiber	6g	Vitamin C	2mg
Sugar	1g	Calcium	119mg
Protein	17g	Iron	4mg

DIRECTIONS

- 01 Add the water and quinoa to a pot over medium-high heat. Bring to a boil then reduce heat to low and cover with a lid. Simmer for about 10 minutes or until quinoa is just tender.
- 02 Remove the lid and increase the heat to medium. Add the oats, green onion, nutritional yeast, thyme and salt. Stir to combine and bring to a bubble.
- 03 Once bubbling, continue to cook, stirring often, until the oats are tender and porridge has thickened, 3 to 5 minutes. Season with additional salt if needed and let the porridge cool slightly.
- 04 Heat the oil in a small pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Season with salt, if needed.
- 05 To serve, transfer the porridge to a bowl and top with the cooked egg. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat with additional water until desired consistency is reached.

MORE FLAVOR

Add garlic powder or fresh herbs.

ADDITIONAL TOPPINGS

Top with sliced green onions, fresh parsley, black pepper or nutritional yeast.

MAKE IT VEGAN

Omit the egg.

Cottage Cheese with Mango

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cottage Cheese
1 Mango (peeled, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	32g	Vitamin A	2112IU
Fiber	3g	Vitamin C	61mg
Sugar	29g	Calcium	193mg
Protein	25g	Iron	0mg

DIRECTIONS

01 Top the cottage cheese with chopped mango and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt or oatmeal instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.

Soba Breakfast Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

100 grams Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
4 cups Kale Leaves (stems removed, roughly chopped)
1/4 cup Water
1 tbsp Sesame Seeds (black)

NUTRITION

AMOUNT PER SERVING

Calories	418	Cholesterol	372mg
Fat	13g	Sodium	569mg
Carbs	40g	Vitamin A	2561IU
Fiber	3g	Vitamin C	39mg
Sugar	1g	Calcium	210mg
Protein	21g	Iron	3mg

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 02 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 03 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 04 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

MAKE IT VEGAN

Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.

Cucumber & Tzatziki Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Tzatziki
2 slices Whole Grain Bread
1/4 Cucumber (large, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	290	Cholesterol	10mg
Fat	8g	Sodium	436mg
Carbs	41g	Vitamin A	279IU
Fiber	7g	Vitamin C	5mg
Sugar	9g	Calcium	216mg
Protein	14g	Iron	2mg

DIRECTIONS

01 Divide the tzatziki onto each slice of bread. Add the cucumbers to one side of bread. Close the sandwich and cut it in half. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container or tightly wrap the sandwich with wrap of choice for up to two days.

MAKE IT VEGAN

Use hummus instead of tzatziki.

GLUTEN-FREE

Use gluten-free bread.

Grilled Vegetable & Lentil Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Red Bell Pepper (cored and sliced)
1/2 cup Red Onion (coarsely chopped)
1 Zucchini (sliced into rounds)
1 cup Portobello Mushroom (sliced)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Cashews
1/2 Lemon (juiced)
1 1/2 tsps Tamari
1/2 cup Parsley
1 tbsp Water
1 1/2 tsps Red Wine Vinegar
4 cups Mixed Greens
1 cup Lentils (cooked, drained and rinsed)
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	335	Cholesterol	17mg
Fat	13g	Sodium	529mg
Carbs	41g	Vitamin A	3428IU
Fiber	14g	Vitamin C	130mg
Sugar	11g	Calcium	210mg
Protein	19g	Iron	7mg

DIRECTIONS

- 01 Preheat grill to medium-high.
- 02 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 03 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 04 Remove veggies from the grill and toss in red wine vinegar.
- 05 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

NOTES

NO LENTILS

Use chickpeas or black beans instead.

VEGAN

Omit the cheese and top with toasted cashews instead.

SAVE TIME

Chop all vegetables in advance and store in the fridge until ready to grill.

LEFTOVERS

Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Chicken Soba Noodle Soup

2 SERVINGS 1 HOUR



INGREDIENTS

113 grams Chicken Leg, Bone-in (skin on)
3 cups Water
1 tbsp Ginger (sliced)
1/8 tsp Fish Sauce
1/2 tsp Sea Salt
100 grams Buckwheat Soba Noodles
1 cup Bok Choy (quartered)
1/2 Lime (quartered)

NUTRITION

AMOUNT PER SERVING

Calories	367	Cholesterol	56mg
Fat	10g	Sodium	854mg
Carbs	38g	Vitamin A	1614IU
Fiber	1g	Vitamin C	19mg
Sugar	1g	Calcium	78mg
Protein	16g	Iron	1mg

DIRECTIONS

- 01 In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
- 02 Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 03 Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
- 04 Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

SERVING SIZE

Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

MORE FLAVOR

Add cinnamon sticks, star anise or cloves to the broth.

ADDITIONAL TOPPINGS

Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

MAKE IT VEGAN

Use shiitake mushrooms and tofu instead of chicken.

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.

Quinoa Greek Salad

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
1 Tomato (large, diced)
1/2 Cucumber (diced)
1/4 cup Red Onion (diced)
1/2 cup Feta Cheese (cubed or crumbled)
2 tbsps Red Wine Vinegar
1 1/2 tpsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	322	Cholesterol	33mg
Fat	14g	Sodium	462mg
Carbs	36g	Vitamin A	1548IU
Fiber	5g	Vitamin C	16mg
Sugar	3g	Calcium	257mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 02 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 03 Before serving, add the arugula and toss well. Enjoy!

NOTES

DAIRY-FREE

Replace feta cheese with kalamata olives.

LOW-CARB

Use cauliflower rice instead of quinoa.

LEFTOVERS

Keeps well in the fridge for 3 days.

Tofu & Veggie Stir Fry

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
241 grams Tofu (extra firm, drained and cubed)
2 tbsps Tamari (divided)
1 tbsp Rice Vinegar (divided)
2 1/2 cups Bok Choy (baby, halved)
1 1/2 Carrot (sliced)
1/2 Red Bell Pepper (chopped)
2 2/3 tbsps Water (plus more for frying)
1/2 tsp Blackstrap Molasses
1 Garlic (cloves, minced)
1/2 tsp Ginger (fresh, minced)
3/4 tsp Tapioca Flour
1 1/2 tps Sesame Seeds (optional, for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	342	Cholesterol	0mg
Fat	9g	Sodium	1104mg
Carbs	49g	Vitamin A	12484...
Fiber	6g	Vitamin C	81mg
Sugar	7g	Calcium	492mg
Protein	20g	Iron	5mg

DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 In a container add the tofu along with half the tamari and half the rice vinegar. Let it marinate for 5 to 10 minutes.
- 03 Heat a skillet over medium heat. Add the tofu along with the marinade and fry for 7 to 9 minutes, until crispy and cooked through. Remove the tofu and set aside.
- 04 In the same skillet, add the bok choy along with some water to steam it. Cook for 4 to 5 minutes, remove and set aside. Add the carrots and bell pepper to the skillet. Add more water as needed to allow the veggies to steam. Cook for 3 to 4 minutes.
- 05 In a blender add the water, the remaining tamari, the remaining rice vinegar, molasses, garlic, ginger and tapioca. Blend until smooth.
- 06 Add the bok choy and tofu back to the skillet with the other veggies and pour the sauce over top. Cook for 1 minute more, then remove from heat. Divide the rice onto plates, top with the stir fry and sesame seeds, if using, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO RICE VINEGAR

Use lime juice instead.

NO BLACKSTRAP MOLASSES

Use maple syrup instead.

ADDITIONAL TOPPINGS

Add more veggies such as mushrooms, broccoli or cauliflower.

NO TAPIOCA FLOUR

Use arrowroot or cornstarch instead.

NO BROWN RICE

Serve over cauliflower rice or rice noodles instead.

Yellow Bean, Potato, & Turkey Sausage Casserole

1 SERVING 1 HOUR



INGREDIENTS

3/4 Yellow Potato (medium, very thinly sliced)
1 cup Yellow Beans (or green, halved)
2 tbsps Red Onion (diced)
92 grams Turkey Sausage (chopped)
1 1/2 tps Rosemary (chopped)
1 1/2 tps Fresh Sage (chopped)
1/8 tsp Sea Salt (divided)
2 tbsps Canned Coconut Milk (full fat)

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	69mg
Fat	13g	Sodium	866mg
Carbs	39g	Vitamin A	847IU
Fiber	7g	Vitamin C	48mg
Sugar	6g	Calcium	99mg
Protein	23g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Line a casserole dish with half of the potatoes. Add half of each of the following ingredients on top of the potatoes: beans, onion, sausage, rosemary, sage, and salt.
- 03 Create a second layer starting with the remaining potato slices, then add the remaining half of the beans, onion, sausage, rosemary, sage, and salt.
- 04 Pour the coconut milk over top of everything and transfer the dish to the oven. Bake for 45 minutes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

A 12 x 9-inch casserole dish was used to make four servings. One serving is equal to approximately 1/4 of the dish.

MORE FLAVOR

Add garlic powder and onion powder. Top with cranberry sauce.

Mango & Chickpea Kale Salad

1 SERVING 20 MINUTES



INGREDIENTS

2 tbsps Quinoa (uncooked)
1/4 cup Water
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
3/4 tsp Maple Syrup
Sea Salt & Black Pepper (to taste)
1/2 cup Chickpeas (cooked, drained and rinsed)
1/2 cup Kale Leaves (finely chopped)
2 tbsps Pomegranate Seeds
1/4 Mango (peeled and thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	0mg
Fat	11g	Sodium	17mg
Carbs	57g	Vitamin A	1439IU
Fiber	10g	Vitamin C	43mg
Sugar	22g	Calcium	102mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
- 02 Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
- 03 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 04 Drizzle salad with desired amount of dressing and serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

NO MANGO

Use peach, nectarine, orange or clementine slices instead.