



28 Day Balanced 900 Calorie Meal Plan PDF (Week 3)

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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
Sweet Cherry Steel Cut Oats



LUNCH
Whole Wheat Chickpea Wraps



DINNER
Sweet Potato Black Bean Quinoa Bake

TUE



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Sweet Potato Black Bean Quinoa Bake



DINNER
Sweet Potato & Black Bean Salad

WED



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Sweet Potato & Black Bean Salad



DINNER
Veggie Pita Pizza

THU



BREAKFAST
Sauteed Kale & Eggplant with Egg



LUNCH
Veggie Pita Pizza



DINNER
Marinated Mixed Bean Salad

FRI



BREAKFAST
Sauteed Kale & Eggplant with Egg



LUNCH
Marinated Mixed Bean Salad



DINNER
Chicken Kebab with Potatoes

SAT



BREAKFAST
Bagel & Scrambled Eggs



LUNCH
Chicken Kebab with Potatoes



DINNER
Chicken Soba Noodle Soup

SUN



BREAKFAST
Bagel & Scrambled Eggs



LUNCH
Chicken Soba Noodle Soup



DINNER
Roasted Broccoli Quinoa Salad

MON

FAT 32%

CARBS 54%

PROTEIN 14%

Calories 973
Fat 36g
Carbs 139g
Fiber 30g
Sugar 20g
Protein 36g

Cholesterol 0mg
Sodium 1171mg
Vitamin A 16804IU
Vitamin C 122mg
Calcium 354mg
Iron 12mg

TUE

FAT 31%

CARBS 54%

PROTEIN 15%

Calories 942
Fat 34g
Carbs 135g
Fiber 31g
Sugar 18g
Protein 36g

Cholesterol 0mg
Sodium 477mg
Vitamin A 22706IU
Vitamin C 70mg
Calcium 292mg
Iron 12mg

WED

FAT 33%

CARBS 51%

PROTEIN 16%

Calories 930
Fat 35g
Carbs 124g
Fiber 24g
Sugar 17g
Protein 39g

Cholesterol 38mg
Sodium 515mg
Vitamin A 14064IU
Vitamin C 68mg
Calcium 393mg
Iron 11mg

THU

FAT 37%

CARBS 46%

PROTEIN 17%

Calories 965
Fat 41g
Carbs 116g
Fiber 30g
Sugar 23g
Protein 44g

Cholesterol 224mg
Sodium 544mg
Vitamin A 3973IU
Vitamin C 94mg
Calcium 402mg
Iron 11mg

FRI

FAT 38%

CARBS 43%

PROTEIN 19%

Calories 907
Fat 40g
Carbs 102g
Fiber 28g
Sugar 21g
Protein 45g

Cholesterol 251mg
Sodium 949mg
Vitamin A 2211IU
Vitamin C 96mg
Calcium 253mg
Iron 10mg

SAT

FAT 34%

CARBS 45%

PROTEIN 21%

Calories 944
Fat 33g
Carbs 99g
Fiber 4g
Sugar 10g
Protein 47g

Cholesterol 495mg
Sodium 2184mg
Vitamin A 2477IU
Vitamin C 54mg
Calcium 233mg
Iron 5mg

SUN

FAT 34%

CARBS 46%

PROTEIN 20%

Calories 1054
Fat 38g
Carbs 115g
Fiber 9g
Sugar 13g
Protein 51g

Cholesterol 438mg
Sodium 2141mg
Vitamin A 3052IU
Vitamin C 154mg
Calcium 594mg
Iron 8mg

FRUITS

- 1/3 Avocado
- 1 1/16 Lemon
- 2 1/2 tbsps Lemon Juice
- 3/4 Lime

BREAKFAST

- 3/4 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 1 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1 1/2 tps Cumin
- 1/3 tsp Garlic Powder
- 1 tsp Greek Seasoning
- 1/3 cup Hemp Seeds
- 1 1/2 tps Italian Seasoning
- 1/4 tsp Paprika
- 1 1/4 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1/3 tsp Taco Seasoning

FROZEN

- 1 1/2 cups Frozen Cherries

VEGETABLES

- 1 1/2 cups Baby Spinach
- 1 cup Bok Choy
- 1 1/2 cups Broccoli
- 1 cup Cherry Tomatoes
- 1 Eggplant
- 1 1/2 Garlic
- 1 tbsps Ginger
- 1 cup Green Beans
- 2 1/3 stalks Green Onion
- 2 cups Kale Leaves
- 2 1/16 cups Mini Potatoes
- 1/2 cup Parsley
- 1 1/16 Red Bell Pepper
- 1/3 cup Red Onion
- 1/2 cup Shallot
- 2 Sweet Potato
- 1 Tomato
- 1 Zucchini

BOXED & CANNED

- 1 2/3 cups Black Beans
- 100 grams Buckwheat Soba Noodles
- 1/2 cup Chickpeas
- 2 cups Mixed Beans
- 1/2 cup Quinoa
- 2/3 cup Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- 113 grams Chicken Leg, Bone-In
- 151 grams Extra Lean Ground Chicken
- 1 tbsps Feta Cheese
- 113 grams Gluten-Free Bagel
- 85 grams Mozzarella Cheese
- 88 grams Tofu
- 2 Whole Wheat Pita
- 1 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 tbsps Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1/8 tsp Fish Sauce
- 2 tbsps Tahini
- 1 1/8 tps Tamari
- 1/4 cup Tomato Sauce

COLD

- 6 Egg
- 1 tbsps Unsweetened Almond Milk
- 1 1/3 tbsps Unsweetened Coconut Yogurt

OTHER

- 4 1/16 Barbecue Skewers
- 5 1/4 cups Water

Sweet Cherry Steel Cut Oats

3 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Steel Cut Oats
2 1/4 cups Water
1 1/2 cups Frozen Cherries
1/3 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	0mg
Fat	14g	Sodium	5mg
Carbs	41g	Vitamin A	676IU
Fiber	6g	Vitamin C	1mg
Sugar	8g	Calcium	56mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.

Sauteed Kale & Eggplant with Egg

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 cup Shallot (chopped)
1 Eggplant (small, diced)
1 Zucchini (small, diced)
Sea Salt & Black Pepper (to taste)
2 cups Kale Leaves (finely chopped)
1 tbsp Lemon Juice
2 Egg
2 tbsps Sunflower Seeds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	301	Cholesterol	186mg
Fat	17g	Sodium	101mg
Carbs	30g	Vitamin A	1542IU
Fiber	12g	Vitamin C	49mg
Sugar	16g	Calcium	143mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium-high heat. Add the shallot, eggplant, and zucchini. Stir the vegetables constantly and cook until they turn golden brown, approximately five minutes. Season with salt and pepper.
- 02 Add the kale leaves and lemon juice to the pan. Cook for an additional two minutes. Transfer the cooked vegetables to a plate.
- 03 In the same pan, cook the egg(s) until the whites are set and the yolks are cooked to your liking. Place the fried egg on top of the vegetables.
- 04 Top with sunflower seeds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

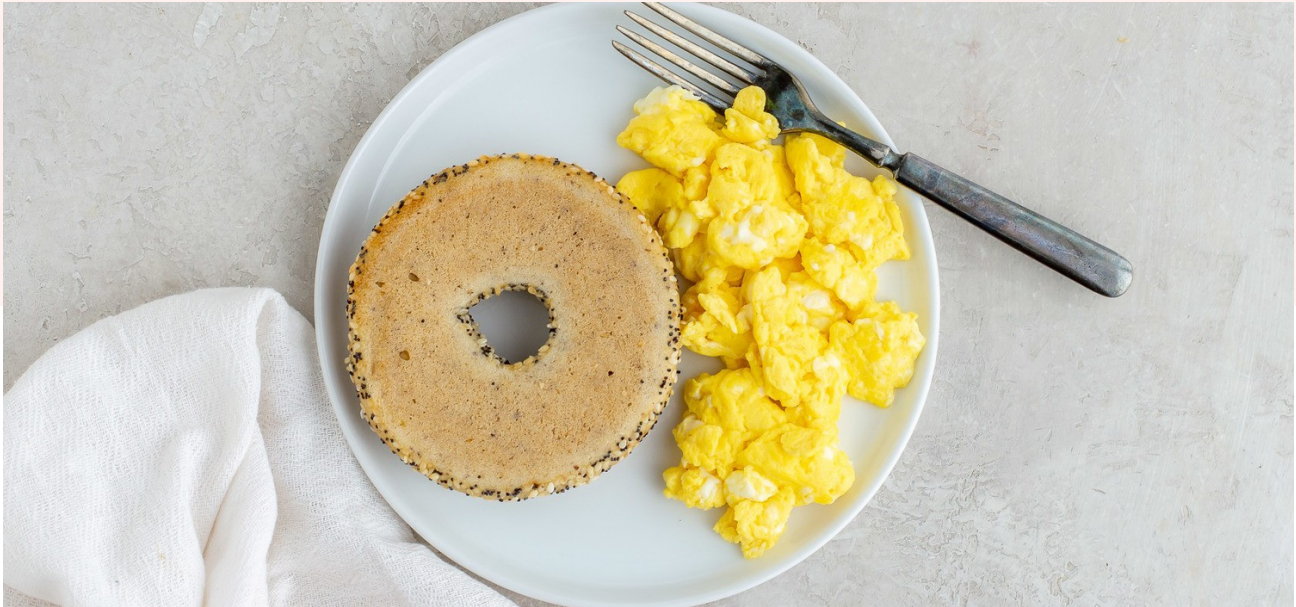
One serving is approximately 1 1/2 cups of vegetables and one egg.

ADDITIONAL TOPPINGS

Fresh herbs like basil, parsley, cilantro, or chives.

Bagel & Scrambled Eggs

2 SERVINGS 5 MINUTES



INGREDIENTS

113 grams Gluten-Free Bagel (toasted)
1 tsp Extra Virgin Olive Oil
4 Egg (whisked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	374mg
Fat	15g	Sodium	488mg
Carbs	34g	Vitamin A	540IU
Fiber	0g	Vitamin C	1mg
Sugar	7g	Calcium	128mg
Protein	15g	Iron	2mg

DIRECTIONS

- 01 Heat a pan over medium heat and add the oil. Add the whisked eggs to the pan and stir the eggs frequently as they cook. Season with salt and pepper to taste.
- 02 To serve, place the egg and bagel on a plate and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Toast bagel just before serving.

SERVING SIZE

One serving is equal to 1/2 bagel and two eggs.

ADDITIONAL TOPPINGS

Top bagel with butter, vegan butter, cream cheese spread, nut butter, or jam.

SERVE IT WITH

Fresh fruit, cooked bacon, or salad.

Whole Wheat Chickpea Wraps

1 SERVING 15 MINUTES



INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Chickpeas (cooked, rinsed and pat dry)
- 1/2 Red Bell Pepper (medium, chopped)
- 1/3 tsp Taco Seasoning
- 1 1/8 tsps Tamari
- 1 1/4 cups Baby Spinach
- 1 Whole Wheat Tortilla (large)
- 1 1/3 tsps Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	14g	Sodium	767mg
Carbs	46g	Vitamin A	5401IU
Fiber	12g	Vitamin C	87mg
Sugar	7g	Calcium	223mg
Protein	13g	Iron	5mg

DIRECTIONS

- 01 Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
- 02 Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
- 03 Divide the chickpea mixture into tortillas and dollop on coconut yogurt. Enjoy!

NOTES

LEFTOVERS

Store leftover mixture in an airtight container in the fridge for up to three days.

SERVING SIZE

One serving is one large wrap.

GLUTEN-FREE

Use a Gluten-Free wrap.

NO COCONUT YOGURT

Omit, or use sour cream or regular yogurt.

Sweet Potato Black Bean Quinoa Bake

2 SERVINGS 55 MINUTES



INGREDIENTS

1 Sweet Potato (small, peeled and chopped)
2/3 cup Black Beans (cooked, from the can)
1/3 cup Quinoa (dry, uncooked)
1/3 Red Bell Pepper (chopped)
1 stalk Green Onion (chopped)
1 tsp Chili Powder
1 tsp Cumin (ground)
1/3 tsp Garlic Powder
1/16 tsp Sea Salt
2/3 cup Vegetable Broth
1/3 Lime (juiced)
1/3 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	0mg
Fat	8g	Sodium	399mg
Carbs	52g	Vitamin A	10727I...
Fiber	12g	Vitamin C	34mg
Sugar	5g	Calcium	75mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 03 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 04 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

NOTES

BAKING DISH

Use a 9x13-inch dish for six servings.

NO GREEN ONION

Use a white or red onion instead.

NO RED BELL PEPPER

Use a green or yellow bell pepper instead.

LEFTOVERS

Keeps well in the fridge for up to four days.

MORE FLAVOR

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

Sweet Potato & Black Bean Salad

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 Sweet Potato (diced into 1/2 inch cubes)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- 1/4 tsp Cinnamon
- 1/4 tsp Paprika
- 2 tbsps Tahini
- 1/4 Lemon (juiced)
- 1 Garlic (cloves, minced)
- 1 tbsps Unsweetened Almond Milk
- 1 cup Black Beans (cooked, drained and rinsed)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	315	Cholesterol	0mg
Fat	12g	Sodium	73mg
Carbs	42g	Vitamin A	11303IU
Fiber	13g	Vitamin C	35mg
Sugar	5g	Calcium	161mg
Protein	13g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

NOTES

NO BLACK BEANS

Use lentils, chickpeas or quinoa instead.

NO TAHINI

Use hummus instead.

STORAGE

Refrigerate in air-tight container up to 3-5 days.

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.

Marinated Mixed Bean Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Green Beans (fresh or frozen)
2 cups Mixed Beans (cooked)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Italian Seasoning
1/2 Garlic (clove, minced)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	0mg
Fat	15g	Sodium	6mg
Carbs	45g	Vitamin A	346IU
Fiber	13g	Vitamin C	13mg
Sugar	3g	Calcium	83mg
Protein	16g	Iron	5mg

DIRECTIONS

- 01 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

NOTES

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

LEFTOVERS

Keeps well covered in the fridge up to 4 to 5 days.

Chicken Kebab with Potatoes

2 SERVINGS 35 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)
2/3 tsp Extra Virgin Olive Oil
2/3 tsp Sea Salt (divided)
151 grams Extra Lean Ground Chicken
1 1/3 stalks Green Onion (chopped, plus extra for garnish)
1/3 Lemon (juiced)
4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	241	Cholesterol	65mg
Fat	8g	Sodium	842mg
Carbs	27g	Vitamin A	323IU
Fiber	3g	Vitamin C	34mg
Sugar	2g	Calcium	27mg
Protein	16g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Toss together the mini potatoes, oil, and half of the salt. Place the potatoes on the baking sheet and bake in the oven for 15 minutes.
- 03 Meanwhile, in a bowl, mix together the ground chicken, green onion, lemon juice, and the remaining salt.
- 04 Tightly pack the meat mixture into balls then form the balls into long, thin kebabs, about six to seven inches in length, around each of the barbecue skewers.
- 05 Remove the baking sheet from oven and add the chicken kebabs to the baking sheet. Place back in the oven and bake for another 20 minutes or until everything is cooked through.
- 06 Divide the skewers and potatoes between serving plates. Top with extra green onion and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup of potatoes and two 10-inch chicken kebabs.

MORE FLAVOR

Add turmeric and red onion to the kebab mixture.

NO GREEN ONION

Use parsley instead.

WOODEN SKEWERS

Be sure to soak the skewers in water prior to use.

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.

Roasted Broccoli Quinoa Salad

1 SERVING 35 MINUTES



INGREDIENTS

88 grams Tofu (extra-firm, pressed and cut into 1-cm cubes)
1 1/2 cups Broccoli (cut into florets)
1/4 cup Red Onion (chopped)
3/4 tsp Extra Virgin Olive Oil
1 tsp Greek Seasoning
1 1/2 tbsps Lemon Juice (divided)
1/4 cup Quinoa
1 tbsp Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	8mg
Fat	13g	Sodium	799mg
Carbs	43g	Vitamin A	898IU
Fiber	8g	Vitamin C	134mg
Sugar	5g	Calcium	388mg
Protein	20g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 03 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 04 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 05 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

SERVING SIZE

One serving is approximately two cups of salad.

MORE FLAVOR

Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

MAKE IT VEGAN

Omit the feta or use dairy-free feta instead.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

NO GREEK SEASONING

Use a combination of dried herbs and spices instead.