



## 28 Day Balanced 900 Calorie Meal Plan PDF (Week 4)

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**EXERCISE**  
*with Style*

# 28 Day Balanced 900 Calorie Meal Plan PDF (Week 4)

## 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Green Pancakes



**LUNCH**  
White Bean Salad



**DINNER**  
Chickpea Tomato Sauce with Crackers

## TUE



**BREAKFAST**  
Green Pancakes



**LUNCH**  
Chickpea Tomato Sauce with Crackers



**DINNER**  
Cuban-Style Chickpea Picadillo

## WED



**BREAKFAST**  
Green Pancakes



**LUNCH**  
Cuban-Style Chickpea Picadillo



**DINNER**  
Egyptian Fava Beans with Tahini

## THU



**BREAKFAST**  
Avocado Egg Salad Sandwich



**LUNCH**  
Egyptian Fava Beans with Tahini



**DINNER**  
Air Fryer Falafel

## FRI



**BREAKFAST**  
Avocado Egg Salad Sandwich



**LUNCH**  
Air Fryer Falafel



**DINNER**  
Lentil Tahini Burgers with Sauerkraut

## SAT



**BREAKFAST**  
Cinnamon Date Scramble



**LUNCH**  
Lentil Tahini Burgers with Sauerkraut



**DINNER**  
Veggie & Feta Zucchini Boats

## SUN



**BREAKFAST**  
Cinnamon Date Scramble



**LUNCH**  
Veggie & Feta Zucchini Boats



**DINNER**  
Hummus Pasta

## MON

FAT 32%

CARBS 54%

PROTEIN 14%

Calories 972  
Fat 36g  
Carbs 137g  
Fiber 32g  
Sugar 25g  
Protein 34g

Cholesterol 93mg  
Sodium 734mg  
Vitamin A 7050IU  
Vitamin C 82mg  
Calcium 488mg  
Iron 12mg

## TUE

FAT 31%

CARBS 55%

PROTEIN 14%

Calories 928  
Fat 33g  
Carbs 133g  
Fiber 27g  
Sugar 28g  
Protein 33g

Cholesterol 93mg  
Sodium 1154mg  
Vitamin A 5587IU  
Vitamin C 33mg  
Calcium 478mg  
Iron 15mg

## WED

FAT 33%

CARBS 51%

PROTEIN 16%

Calories 908  
Fat 34g  
Carbs 120g  
Fiber 28g  
Sugar 22g  
Protein 38g

Cholesterol 93mg  
Sodium 998mg  
Vitamin A 2547IU  
Vitamin C 17mg  
Calcium 514mg  
Iron 14mg

## THU

FAT 38%

CARBS 44%

PROTEIN 18%

Calories 999  
Fat 43g  
Carbs 114g  
Fiber 29g  
Sugar 18g  
Protein 45g

Cholesterol 279mg  
Sodium 657mg  
Vitamin A 1659IU  
Vitamin C 20mg  
Calcium 311mg  
Iron 12mg

## FRI

FAT 39%

CARBS 43%

PROTEIN 18%

Calories 975  
Fat 43g  
Carbs 108g  
Fiber 31g  
Sugar 18g  
Protein 44g

Cholesterol 279mg  
Sodium 870mg  
Vitamin A 1865IU  
Vitamin C 24mg  
Calcium 309mg  
Iron 14mg

## SAT

FAT 34%

CARBS 46%

PROTEIN 20%

Calories 825  
Fat 32g  
Carbs 98g  
Fiber 29g  
Sugar 37g  
Protein 44g

Cholesterol 402mg  
Sodium 1344mg  
Vitamin A 2375IU  
Vitamin C 74mg  
Calcium 482mg  
Iron 11mg

## SUN

FAT 34%

CARBS 45%

PROTEIN 21%

Calories 911  
Fat 37g  
Carbs 109g  
Fiber 28g  
Sugar 41g  
Protein 50g

Cholesterol 402mg  
Sodium 1249mg  
Vitamin A 2755IU  
Vitamin C 78mg  
Calcium 455mg  
Iron 12mg

## FRUITS

- 1/2 Avocado
- 1/8 Lemon
- 1 1/4 tbsps Lemon Juice

## SEEDS, NUTS & SPICES

- 1/2 tsp Cinnamon
- 1 3/4 tpsps Cumin
- 1/2 tsp Everything Bagel Seasoning
- 3/4 tsp Oregano
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 tbsps Frozen Edamame

## VEGETABLES

- 2/3 cup Arugula
- 4 cups Baby Spinach
- 3/4 cup Cherry Tomatoes
- 3 Garlic
- 1/4 head Green Lettuce
- 1/2 stalk Green Onion
- 2 tbsps Mint Leaves
- 1/4 cup Parsley
- 2/3 Red Bell Pepper
- 1/3 cup Red Onion
- 1/4 Sweet Onion
- 1 1/2 Tomato
- 3/4 Yellow Onion
- 2 1/16 Zucchini

## BOXED & CANNED

- 57 grams Chickpea Pasta
- 4 cups Chickpeas
- 1/2 cup Crushed Tomatoes
- 2 1/16 cups Fava Beans
- 1 1/3 cups Green Lentils
- 70 grams Oat Crackers
- 1 3/4 cups White Navy Beans

## BAKING

- 1 1/2 tpsps Baking Powder
- 1/4 cup Chickpea Flour
- 1 1/2 cups Oats
- 1/2 cup Pitted Dates
- 1 1/8 cups Unsweetened Applesauce

## BREAD, FISH, MEAT & CHEESE

- 4 slices Bread
- 1/2 cup Feta Cheese

## CONDIMENTS & OILS

- 2 1/2 tpsps Apple Cider Vinegar
- 1 3/4 tpsps Balsamic Vinegar
- 1 1/2 tpsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 2 2/3 tpsps Italian Dressing
- 1/4 cup Sauerkraut
- 1/4 cup Tahini

## COLD

- 8 1/2 Egg
- 2 2/3 tpsps Hummus
- 3/4 cup Oat Milk
- 2 tpsps Unsweetened Coconut Yogurt

## OTHER

- 1/2 cup Water



# Green Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 cups Oats
- 1 1/2 cups Baby Spinach (packed)
- 3/4 cup Oat Milk (unsweetened, plain)
- 1 1/8 cups Unsweetened Applesauce
- 1 1/2 Egg (large)
- 1 1/2 tsps Baking Powder
- 1 1/2 tbsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Cholesterol	93mg
Fat	13g	Sodium	321mg
Carbs	43g	Vitamin A	1568IU
Fiber	6g	Vitamin C	5mg
Sugar	11g	Calcium	276mg
Protein	10g	Iron	3mg

## DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, milk, applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
- 02 Heat the oil in a nonstick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide the pancakes onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

### SERVING SIZE

One serving equals three to four 4-inch pancakes.

### MORE FLAVOR

Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

### ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

### MAKE IT VEGAN

Use a flax egg instead.

### NO APPLESAUCE

Use banana instead.

### NO OAT MILK

Use dairy or any alternative milk.

### BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

# Avocado Egg Salad Sandwich

2 SERVINGS 15 MINUTES



## INGREDIENTS

3 Egg  
1/2 Avocado  
1/2 cup Baby Spinach (chopped)  
1 1/2 tsps Dijon Mustard  
1/8 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
4 slices Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	279mg
Fat	19g	Sodium	412mg
Carbs	30g	Vitamin A	1182IU
Fiber	6g	Vitamin C	8mg
Sugar	6g	Calcium	86mg
Protein	14g	Iron	2mg

## DIRECTIONS

- 01 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 02 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 03 Spread onto toast and enjoy!

## NOTES

### LESS BREAD

Make it an open-face sandwich.

### ADD A KICK

Add red chili flakes or hot sauce.

### VEGAN

Use mashed chickpeas or white kidney beans instead of eggs.

# Cinnamon Date Scramble

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/4 cup Water  
1/2 cup Pitted Dates (chopped)  
4 Egg  
1/2 tsp Cinnamon  
1/8 tsp Sea Salt  
1 1/2 tps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	278	Cholesterol	372mg
Fat	13g	Sodium	291mg
Carbs	29g	Vitamin A	546IU
Fiber	3g	Vitamin C	0mg
Sugar	24g	Calcium	80mg
Protein	13g	Iron	2mg

## DIRECTIONS

- 01 Heat the water in a pan over medium-high heat. Cook the dates, stirring frequently, until sticky and the water is absorbed, about 3 to 5 minutes. Set aside and wipe the pan clean.
- 02 In a bowl, whisk together the eggs, cinnamon and salt.
- 03 Add oil to the pan and place over medium-high heat. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around until fluffy and barely set, about 2 minutes.
- 04 Transfer the eggs to a plate and top with dates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### ADDITIONAL TOPPINGS

Serve it with pita or toast.

### MAKE IT VEGAN

Use tofu instead of eggs.

### RUNNY YOLKS

Fry the eggs instead of scrambling, and sprinkle with cinnamon.

# White Bean Salad

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup White Navy Beans (cooked, rinsed well)  
1/2 Tomato (medium, diced)  
1/4 Red Bell Pepper (medium, diced)  
2 tbsps Red Onion (finely chopped)  
2 tbsps Parsley (finely chopped, optional)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	352	Cholesterol	0mg
Fat	15g	Sodium	34mg
Carbs	44g	Vitamin A	2402IU
Fiber	16g	Vitamin C	60mg
Sugar	5g	Calcium	119mg
Protein	13g	Iron	4mg

## DIRECTIONS

- 01 Combine the beans, tomato, bell pepper, red onion, parsley (if using) in a mixing bowl. Add the oil and balsamic vinegar and season with salt and pepper to taste. Mix well.
- 02 Divide between bowls and season with additional balsamic vinegar or salt and pepper if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE FLAVOR

Add fresh garlic or garlic powder, basil or chives, or feta or parmesan cheese.

### NO WHITE NAVY BEANS

Use chickpeas or another white bean like cannellini beans.

### NO TOMATO

Omit or use cherry tomatoes or sundried tomatoes instead.

### MORE GREENS

Serve salad over mixed greens or lettuce leaves.

# 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.

# Cuban-Style Chickpea Picadillo

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (small, chopped)  
1 Garlic (clove, minced)  
1 tsp Cumin  
3/4 tsp Oregano (dried)  
1/4 tsp Sea Salt  
1 Tomato (medium, diced)  
1 1/2 cups Chickpeas (cooked, rinsed well)  
1/4 cup Green Olives (chopped)  
1/4 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	308	Cholesterol	0mg
Fat	12g	Sodium	454mg
Carbs	40g	Vitamin A	939IU
Fiber	11g	Vitamin C	11mg
Sugar	8g	Calcium	109mg
Protein	12g	Iron	7mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the onion and cook for three to five minutes or until softened.
- 02 Add the garlic, cumin, oregano, and salt and stir to combine then add the tomato. Cook for about one minute then stir in the chickpeas. Continue to cook for two to three minutes until the tomatoes start to break down and the chickpeas warm through.
- 03 Add the olives and the water and continue to cook for three to five minutes or until the sauce thickens. Season with additional salt if needed. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately one cup.

### MORE FLAVOR

Add green pepper, cilantro, or raisins. Use vegetable broth or tomato sauce instead of water.

### SERVE IT WITH

Rice, fried plantains, cauliflower rice, inside of tortillas, or lettuce leaves.

### OIL-FREE

Use water or broth instead of oil.

# Egyptian Fava Beans with Tahini

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Fava Beans (cooked, with liquid)  
2 tbsps Tahini  
1/3 tsp Cumin  
1 tsp Apple Cider Vinegar  
1/8 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.

# Air Fryer Falafel

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 2/3 cups Chickpeas (cooked)  
1/4 Yellow Onion (chopped)  
1 1/2 Garlic (clove)  
2 tbsps Parsley  
2 tbsps Mint Leaves  
1/4 cup Chickpea Flour  
1/2 tsp Cumin  
1 tbsp Lemon Juice  
Sea Salt & Black Pepper (to taste)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	15g	Sodium	22mg
Carbs	47g	Vitamin A	437IU
Fiber	12g	Vitamin C	11mg
Sugar	9g	Calcium	96mg
Protein	15g	Iron	6mg

## DIRECTIONS

- 01 Preheat the air fryer to 375°F (190°C).
- 02 Add the chickpeas, onion, garlic, parsley, mint, flour, cumin, lemon juice, salt, pepper, and half of the oil to a food processor. Blend until a smooth consistency is achieved.
- 03 Form the batter into two to three-inch balls with your hands. Place into the air fryer and coat with the remaining oil.
- 04 Cook for 15 minutes, flipping halfway through, until crispy and cooked through. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### SERVING SIZE

One serving is equal to approximately three to four falafels.

### MORE FLAVOR

Add cilantro and red pepper flakes.



# Lentil Tahini Burgers with Sauerkraut

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/3 cups Green Lentils (cooked, drained and rinsed)  
2 tbsps Tahini  
1/4 tsp Sea Salt  
1 1/2 tsps Apple Cider Vinegar  
1/4 head Green Lettuce (separated into leaves and washed)  
2 tbsps Unsweetened Coconut Yogurt  
1/4 cup Sauerkraut

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	9g	Sodium	436mg
Carbs	31g	Vitamin A	246IU
Fiber	13g	Vitamin C	5mg
Sugar	3g	Calcium	127mg
Protein	15g	Iron	6mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 03 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 04 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

### SERVING SIZE

One serving is equal to one 5- to 6-inch burger patty.

### MORE FLAVOR

Add cumin and fresh herbs to the lentil tahini mixture.

### ADDITIONAL TOPPING

Caramelized onions, feta, sautéed mushrooms and/or avocado.

### NO LETTUCE

Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.

# 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.

# Hummus Pasta

1 SERVING 15 MINUTES



## INGREDIENTS

57 grams Chickpea Pasta (dry)  
3 tbsps Frozen Edamame  
1/4 tsp Extra Virgin Olive Oil  
3 tbsps Cherry Tomatoes (halved)  
2/3 cup Arugula  
3/4 tsp Lemon Juice  
2 2/3 tbsps Hummus  
1/2 tsp Everything Bagel Seasoning  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	340	Cholesterol	0mg
Fat	14g	Sodium	341mg
Carbs	42g	Vitamin A	626IU
Fiber	12g	Vitamin C	9mg
Sugar	7g	Calcium	100mg
Protein	21g	Iron	7mg

## DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup of pasta.

### ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.