

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

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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

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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 Green Pancakes



LUNCH White Bean Salad



DINNER Chickpea Tomato Sauce with Crackers

TUE

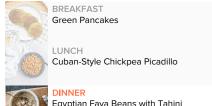


Chickpea Tomato Sauce with Crackers



Cuban-Style Chickpea Picadillo

WED





Egyptian Fava Beans with Tahini

THU



BREAKFAST Avocado Egg Salad Sandwich

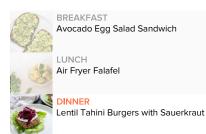


LUNCH Egyptian Fava Beans with Tahini



DINNER Air Fryer Falafel

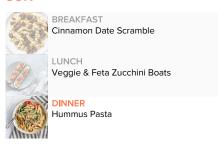
FRI



SAT



SUN





MON			TUE			WED		
FAT 32%	CARBS 54%	PROTEIN 14%	FAT 31%	CARBS 55%	PROTEIN 14%	FAT 33%	CARBS 51%	PROTEIN 16%
Calories 972	Chole	esterol 93mg	Calories 928	Chol	esterol 93mg	Calories 908	Chol	esterol 93mg
Fat 36g	Sodiu	ım 734mg	Fat 33g	Sodi	um 1154mg	Fat 34g	Sodi	um 998mg
Carbs 137g	Vitam	nin A 7050IU	Carbs 133g	Vitar	nin A 5587IU	Carbs 120g	Vitan	nin A 2547IU
Fiber 32g	Vitam	nin C 82mg	Fiber 27g	Vitar	nin C 33mg	Fiber 28g	Vitan	nin C 17mg
Sugar 25g	Calciu	um 488mg	Sugar 28g	Calci	um 478mg	Sugar 22g	Calci	um 514mg
Protein 34g	Iron 1	2mg	Protein 33g	Iron '	5mg	Protein 38g	Iron 1	14mg
THU			FRI			SAT		
THU FAT 38%	CARBS 44%	PROTEIN 18%	FAT 39%	CARBS 43%	PROTEIN 18%	SAT FAT 34%	CARBS 46%	PROTEIN 20%
		PROTEIN 18% esterol 279mg			PROTEIN 18% esterol 279mg			PROTEIN 20% esterol 402mg
FAT 38%	Chole		FAT 39%	Chol		FAT 34%	Chol	
FAT 38% Calories 999	Chole Sodiu	esterol 279mg	FAT 39% Calories 975	Chol Sodi	esterol 279mg	FAT 34% Calories 825	Chol Sodii	esterol 402mg
FAT 38% Calories 999 Fat 43g	Chole Sodiu Vitam	esterol 279mg um 657mg	FAT 39% Calories 975 Fat 43g	Chol Sodi Vitar	esterol 279mg um 870mg	FAT 34% Calories 825 Fat 32g	Chol Sodii Vitan	esterol 402mg um 1344mg
FAT 38% Calories 999 Fat 43g Carbs 114g	Chole Sodiu Vitam Vitam	esterol 279mg um 657mg nin A 1659IU	FAT 39% Calories 975 Fat 43g Carbs 108g	Chol Sodi Vitar Vitar	esterol 279mg um 870mg nin A 1865IU	FAT 34% Calories 825 Fat 32g Carbs 98g	Chol Sodii Vitan Vitan	esterol 402mg um 1344mg nin A 2375IU
FAT 38% Calories 999 Fat 43g Carbs 114g Fiber 29g	Chole Sodiu Vitam Vitam	esterol 279mg um 657mg nin A 1659IU nin C 20mg um 311mg	FAT 39% Calories 975 Fat 43g Carbs 108g Fiber 31g	Chol Sodi Vitar Vitar	esterol 279mg um 870mg nin A 1865IU nin C 24mg um 309mg	FAT 34% Calories 825 Fat 32g Carbs 98g Fiber 29g	Chol Sodii Vitan Vitan	esterol 402mg um 1344mg nin A 2375IU nin C 74mg um 482mg

SUN

EAT 2/10/	CADDC 4E9/	DDOTEIN 210/

Calories 911 Cholesterol 402mg
Fat 37g Sodium 1249mg
Carbs 109g Vitamin A 2755IU
Fiber 28g Vitamin C 78mg
Sugar 41g Calcium 455mg
Protein 50g 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 tsps 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 tsps 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 tsps Apple Cider Vinegar
- 1 3/4 tbsps Balsamic Vinegar
- 1 1/2 tsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 2 2/3 tbsps Italian Dressing
- 1/4 cup Sauerkraut
- 1/4 cup Tahini

COLD

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

OTHER

1/2 cup Water



Green Pancakes

3 SERVINGS 20 MINUTES



INGREDIENTS

- 11/2 cups Oats
- 11/2 cups Baby Spinach (packed)
- 3/4 cup Oat Milk (unsweetened, plain)
- 11/8 cups Unsweetened Applesauce
- 11/2 Egg (large)
- 11/2 tsps Baking Powder
- 11/2 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

- O1 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.
- O2 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)

11/2 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

- O1 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

11/2 tsps 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.
- O3 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

352	Cholesterol	0mg
15g	Sodium	34mg
44g	Vitamin A	2402IU
16g	Vitamin C	60mg
5g	Calcium	119mg
13g	Iron	4mg
	15g 44g 16g 5g	352 Cholesterol15g Sodium44g Vitamin A16g Vitamin C5g Calcium13g Iron

DIRECTIONS

- O1 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 11/2 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 intstead.

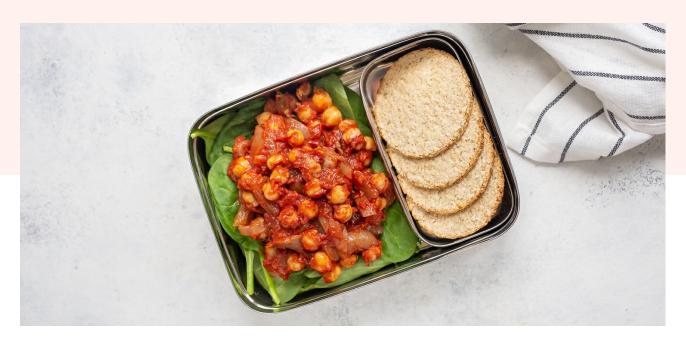
MORE GREENS

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

- O1 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.
- O2 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)

11/2 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

- O1 Heat the oil in a pan over medium heat. Add the onion and cook for three to five minutes or until softened.
- O2 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.
- O3 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	11 g	Vitamin C	1mg
Sugar	3g	Calcium	129mg
Protein	16g	Iron	4mg

DIRECTIONS

- O1 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)

11/2 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)

11/2 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).
- O2 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.
- O4 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

11/3 cups Green Lentils (cooked, drained and rinsed)

2 tbsps Tahini

1/4 tsp Sea Salt

11/2 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

- O1 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.
- O3 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.
- O4 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 TOPPINGS

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

- O1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- O2 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.
- O4 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

- O1 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.

