



7 Day Balanced 2200 Calorie Meal Plan PDF

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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
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Cinnamon Raisin Protein Cookies



LUNCH
Brie, Prosciutto & Pear Sandwich



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Seafood Jerk Pasta

TUE



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Cinnamon Raisin Protein Cookies



LUNCH
Seafood Jerk Pasta



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Steak, Potatoes & Braised Dandelion Greens

WED



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Cinnamon Raisin Protein Cookies



LUNCH
Steak, Potatoes & Braised Dandelion Greens



SNACK 2
Blueberry Cobbler Smoothie



DINNER
Red Beans, Sausage & Rice

THU



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Red Beans, Sausage & Rice



SNACK 2
0.5 Yogurt & Berry Breakfast Toast



DINNER
Chipotle Chicken, Broccoli & Wild Rice

FRI



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Chipotle Chicken, Broccoli & Wild Rice



SNACK 2
0.5 Yogurt & Berry Breakfast Toast



DINNER
Tofu & Edamame Noodles with Peanut Sauce

SAT



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Tofu & Edamame Noodles with Peanut Sauce



SNACK 2
0.5 Yogurt & Berry Breakfast Toast



DINNER
Rainbow Tempeh Bowls

SUN



BREAKFAST
Strawberry Tahini Smoothie



SNACK 1
Whipped Ricotta & Pesto Toast



LUNCH
Rainbow Tempeh Bowls



SNACK 2
Yogurt & Berry Breakfast Toast



DINNER
Orzo with Sausage & Mushrooms

MON

FAT 31% CARBS 45% PROTEIN 24%

Calories 2159
Fat 76g
Carbs 248g
Fiber 39g
Sugar 75g
Protein 128g
Cholesterol 288mg
Sodium 3096mg
Vitamin A 2422IU
Vitamin C 164mg
Calcium 1433mg
Iron 16mg

TUE

FAT 33% CARBS 44% PROTEIN 23%

Calories 2201
Fat 82g
Carbs 252g
Fiber 45g
Sugar 77g
Protein 130g
Cholesterol 323mg
Sodium 1532mg
Vitamin A 1918IU
Vitamin C 265mg
Calcium 1765mg
Iron 21mg

WED

FAT 35% CARBS 44% PROTEIN 21%

Calories 2235
Fat 89g
Carbs 256g
Fiber 53g
Sugar 65g
Protein 119g
Cholesterol 172mg
Sodium 1720mg
Vitamin A 1844IU
Vitamin C 177mg
Calcium 1570mg
Iron 24mg

THU

FAT 33% CARBS 47% PROTEIN 20%

Calories 2248
Fat 84g
Carbs 265g
Fiber 32g
Sugar 38g
Protein 113g
Cholesterol 725mg
Sodium 2201mg
Vitamin A 3033IU
Vitamin C 107mg
Calcium 844mg
Iron 20mg

FRI

FAT 31% CARBS 48% PROTEIN 21%

Calories 2272
Fat 78g
Carbs 275g
Fiber 27g
Sugar 44g
Protein 123g
Cholesterol 681mg
Sodium 2132mg
Vitamin A 7754IU
Vitamin C 109mg
Calcium 1105mg
Iron 18mg

SAT

FAT 35% CARBS 46% PROTEIN 19%

Calories 2263
Fat 92g
Carbs 271g
Fiber 36g
Sugar 61g
Protein 110g
Cholesterol 41mg
Sodium 2972mg
Vitamin A 27348IU
Vitamin C 257mg
Calcium 1558mg
Iron 19mg

SUN

FAT 36% CARBS 46% PROTEIN 18%

Calories 2284
Fat 96g
Carbs 271g
Fiber 38g
Sugar 66g
Protein 106g
Cholesterol 139mg
Sodium 3797mg
Vitamin A 22644IU
Vitamin C 258mg
Calcium 1544mg
Iron 22mg

FRUITS

- 5 1/8 Banana
- 1 1/2 cups Blueberries
- 1 Lemon
- 3 1/4 tbsps Lemon Juice
- 1 1/3 tbsps Lime Juice
- 2 Peach
- 1/2 Pear
- 1 3/4 cups Raspberries

BREAKFAST

- 2 2/3 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 1/3 cup Granola
- 2 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 cup Chia Seeds
- 1 tsp Chili Flakes
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 2 tpsps Cinnamon
- 1/2 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/3 tsp Ground Sage
- 1/3 cup Hemp Seeds
- 1 1/2 tpsps Jerk Seasoning
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 tsp Sesame Seeds

FROZEN

- 3/4 cup Frozen Cauliflower
- 1 cup Frozen Edamame
- 2 cups Frozen Strawberries

VEGETABLES

- 4 1/16 cups Broccoli
- 2 1/16 Carrot
- 3 Cremini Mushrooms
- 6 cups Dandelion Greens
- 1 tsp Fresh Dill
- 5 Garlic
- 1/2 cup Grated Carrot
- 2/3 Red Bell Pepper
- 1/2 cup Red Onion
- 8 leaves Romaine
- 1 cup Shiitake Mushrooms
- 2 1/16 tpsps Thyme
- 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 2 Yellow Potato
- 1 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 113 grams Brown Rice Fettuccine
- 1/2 cup Canned Coconut Milk
- 1 cup Fire Roasted Diced Tomatoes
- 1/2 cup Jasmine Rice
- 1/3 cup Orzo
- 1 1/3 cups Red Kidney Beans
- 170 grams Udon Noodles
- 2/3 cup Vegetable Broth, Low Sodium
- 1 cup Wild Rice

BAKING

- 1 1/2 tpsps Arrowroot Powder
- 1/3 cup Cacao Powder
- 2 tpsps Coconut Sugar
- 3/4 cup Oats
- 3 tpsps Pitted Dates
- 3 tpsps Raisins
- 3/4 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 Bagel
- 28 grams Brie Cheese
- 227 grams Chicken Breast
- 71 grams Chicken Sausage
- 1/3 cup Parmigiano Reggiano
- 151 grams Pork Sausage
- 57 grams Prosciutto
- 1 1/3 cups Ricotta Cheese
- 227 grams Shrimp
- 298 grams Sourdough Bread
- 170 grams Tempeh
- 213 grams Tofu
- 227 grams Top Sirloin Steak
- 6 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 2/3 tpsps Avocado Oil
- 1 tsp Dijon Mustard
- 3 1/3 tpsps Extra Virgin Olive Oil
- 1/4 cup Peanut Sauce
- 1/4 cup Pesto
- 1 1/3 tpsps Sesame Oil
- 2 1/8 tpsps Tahini
- 3 1/8 tpsps Tamari

COLD

- 1 tbsp Butter
- 1 1/2 cups Cottage Cheese
- 6 Egg
- 1/4 cup Egg Whites
- 3 cups Oat Milk
- 3 cups Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk
- 3/4 cup Unsweetened Coconut Yogurt

OTHER

- 3/4 cup Chocolate Protein Powder
- 20 grams Collagen Powder

1/3 cup Vanilla Protein Powder

Chocolate Almond Butter Smoothie Bowl

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Unsweetened Almond Milk
3/4 cup Chocolate Protein Powder
3/4 cup Frozen Cauliflower
1 1/2 Zucchini (chopped, frozen)
3 Banana (divided)
3 tbsps Almond Butter
1/3 cup Cacao Powder
3 tbsps Chia Seeds
3/4 cup Raspberries
1/3 cup Granola (for topping, optional)

NUTRITION

AMOUNT PER SERVING

Calories	558	Cholesterol	4mg
Fat	24g	Sodium	225mg
Carbs	59g	Vitamin A	788IU
Fiber	20g	Vitamin C	50mg
Sugar	22g	Calcium	764mg
Protein	33g	Iron	6mg

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

Scrambled Eggs with Toasted Bagel & Peach

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
6 Egg (whisked)
2 Bagel (sliced in half, toasted)
2 Peach (sliced)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	590	Cholesterol	558mg
Fat	21g	Sodium	656mg
Carbs	70g	Vitamin A	1299IU
Fiber	4g	Vitamin C	10mg
Sugar	22g	Calcium	323mg
Protein	31g	Iron	7mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

GLUTEN-FREE

Use a gluten-free bagel.

Strawberry Tahini Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Oat Milk
2 cups Frozen Strawberries
1 Banana (frozen)
20 grams Collagen Powder
1/3 cup Hemp Seeds
8 leaves Romaine (washed, torn)
2 tsps Tahini

NUTRITION

AMOUNT PER SERVING

Calories	558	Cholesterol	0mg
Fat	26g	Sodium	192mg
Carbs	65g	Vitamin A	9899IU
Fiber	13g	Vitamin C	101mg
Sugar	30g	Calcium	649mg
Protein	26g	Iron	6mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO COLLAGEN POWDER

Omit or use protein powder instead.

MAKE IT VEGAN

Omit the collagen powder.

NO OAT MILK

Use another dairy-free milk instead.

Cinnamon Raisin Protein Cookies

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/8 Banana (ripe)
1/4 cup Egg Whites
1 1/2 tbsps Tahini
1/3 cup Vanilla Protein Powder (plant-based)
1/3 cup Oats (rolled or quick)
1/3 tsp Cinnamon
3 tbsps Raisins
3 tbsps Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	244	Cholesterol	2mg
Fat	7g	Sodium	69mg
Carbs	30g	Vitamin A	34IU
Fiber	5g	Vitamin C	4mg
Sugar	12g	Calcium	118mg
Protein	17g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 03 Add in the remaining ingredients and mix well again.
- 04 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 05 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 06 Remove from oven, let cool completely on the baking sheet and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

LEFTOVERS

Store in the fridge up to 4 days, or in the freezer for up to 6 months.

NO TAHINI

Use sunflower seed butter, almond butter or peanut butter instead.

NO RAISINS

Use dried cranberries, chocolate chips or cacao nibs instead.

Whipped Ricotta & Pesto Toast

4 SERVINGS 10 MINUTES



INGREDIENTS

1 1/3 cups Ricotta Cheese
1 Lemon (medium, juiced, zested)
Sea Salt & Black Pepper (to taste)
198 grams Sourdough Bread (sliced, toasted)
1/4 cup Pesto
1 tsp Chili Flakes

NUTRITION

AMOUNT PER SERVING

Calories	317	Cholesterol	41mg
Fat	14g	Sodium	425mg
Carbs	32g	Vitamin A	612IU
Fiber	1g	Vitamin C	6mg
Sugar	2g	Calcium	219mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 In a food processor, add the ricotta, lemon juice, lemon zest, salt, and pepper. Blend until smooth.
- 02 Spread the whipped ricotta on top of the toasted bread. Spoon the pesto on top and sprinkle with chili flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate the whipped ricotta in an airtight container for up to three days. Assemble just before serving.

SERVING SIZE

One serving is equal to one toast.

GLUTEN-FREE

Use gluten-free bread instead.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Brie, Prosciutto & Pear Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1 tsp Dijon Mustard
99 grams Sourdough Bread (toasted)
28 grams Brie Cheese (sliced)
57 grams Prosciutto
1/2 Pear (sliced)
1/2 tsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	540	Cholesterol	69mg
Fat	17g	Sodium	1764mg
Carbs	61g	Vitamin A	190IU
Fiber	5g	Vitamin C	6mg
Sugar	9g	Calcium	60mg
Protein	30g	Iron	4mg

DIRECTIONS

01 Spread the mustard onto the toast. Layer the brie, prosciutto, and pear on one slice of bread. Drizzle the oil on top of the sandwich and top with the other piece of bread. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one sandwich.

MORE FLAVOR

Add arugula or fresh basil leaves.

GLUTEN-FREE

Use gluten-free bread.

DAIRY-FREE

Omit the brie cheese.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Blueberry Cobbler Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

2 1/4 cups Unsweetened Cashew Milk
1 1/2 cups Blueberries (fresh or frozen)
1/3 cup Oats (quick or rolled)
1 1/2 cups Cottage Cheese
3 tbsps Pitted Dates
2 1/4 tbsps Lemon Juice
1 1/2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	242	Cholesterol	18mg
Fat	8g	Sodium	396mg
Carbs	31g	Vitamin A	567IU
Fiber	4g	Vitamin C	12mg
Sugar	16g	Calcium	190mg
Protein	14g	Iron	1mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

PITTED DATES

One serving is equal to approximately one to two dates.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

MORE FIBER

Add ground flax seed.

MORE PROTEIN

Add hemp seeds, chia seeds, or a scoop of protein powder.

NO CASHEW MILK

Use any milk of choice.

NO DATES

Sweeten with maple syrup, honey, stevia, or banana instead.

Yogurt & Berry Breakfast Toast

3 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Raspberries
1 tbsp Maple Syrup
3/4 tsp Vanilla Extract
1 tbsp Chia Seeds (optional)
3/4 cup Unsweetened Coconut Yogurt
6 slices Whole Grain Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	0mg
Fat	7g	Sodium	329mg
Carbs	50g	Vitamin A	14IU
Fiber	11g	Vitamin C	11mg
Sugar	12g	Calcium	252mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Add the raspberries to a bowl and mash with a fork. Stir in the maple syrup, vanilla extract and chia seeds, if using.
- 02 Spread the coconut yogurt evenly on the toasted bread and top with the mashed raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate the mashed raspberries in an airtight container for up to two days. Toast the bread and assemble just before serving.

SERVING SIZE

One serving is two pieces of toast.

GLUTEN-FREE

Use gluten-free bread instead.

ADDITIONAL TOPPINGS

Top with additional chia seeds, hemp seeds, cinnamon or additional fresh raspberries.

NO COCONUT YOGURT

Use Greek yogurt instead.

NO MAPLE SYRUP

Use sweetener of choice and adjust sweetness to taste.

Seafood Jerk Pasta

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tsp Avocado Oil
1/4 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1/2 Yellow Bell Pepper (large, chopped)
227 grams Shrimp
1 cup Fire Roasted Diced Tomatoes (from the can, with juices)
1/2 cup Canned Coconut Milk
1 1/2 tsps Jerk Seasoning
2 tbsps Coconut Sugar
Sea Salt & Black Pepper (to taste)
113 grams Brown Rice Fettuccine (dry)
1/4 cup Parmigiano Reggiano (finely grated)

NUTRITION

AMOUNT PER SERVING

Calories	575	Cholesterol	195mg
Fat	20g	Sodium	642mg
Carbs	67g	Vitamin A	843IU
Fiber	5g	Vitamin C	92mg
Sugar	16g	Calcium	301mg
Protein	34g	Iron	3mg

DIRECTIONS

- 01 Warm the oil in a large high-rimmed pan or pot over medium heat. Add the onion and cook for one minute. Add the garlic and cook for another minute, then add the bell pepper and continue to cook for five minutes, stirring a few times.
- 02 Add the shrimp, tomatoes, coconut milk, jerk seasoning, coconut sugar, salt, and pepper. Simmer, stirring frequently, for 30 minutes or until reduced.
- 03 Meanwhile, cook the pasta according to the package directions.
- 04 Once the pasta is done cooking, drain well and add it to the pan with the rest of the ingredients. Stir in the parmesan cheese and mix until well coated. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cups.

MAKE IT VEGAN

Use tofu or tempeh in place of the shrimp.

ADDITIONAL TOPPINGS

Fresh parsley.

Steak, Potatoes & Braised Dandelion Greens

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Top Sirloin Steak
2 Yellow Potato (medium, chopped)
1 tbsp Butter (melted, divided)
Sea Salt & Black Pepper (to taste)
1/2 cup Red Onion (thinly sliced)
3 Garlic (clove, minced)
6 cups Dandelion Greens (chopped)
1 tbsp Lemon Juice
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	582	Cholesterol	104mg
Fat	23g	Sodium	200mg
Carbs	65g	Vitamin A	16949...
Fiber	11g	Vitamin C	107mg
Sugar	11g	Calcium	392mg
Protein	32g	Iron	9mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment paper.
- 02 Add the steak and potatoes to the baking sheet and drizzle with half the melted butter. Season with salt and pepper. Bake in the oven for 30 minutes or until the potatoes are browned and fork-tender and the steak is cooked to your desired doneness. Depending on the thickness of your steak, you might want to remove it before the potatoes.
- 03 Meanwhile, add the remaining butter to a large pan over medium-low heat. Add the red onion and cook for two minutes. Add the garlic and continue to cook for another two minutes or until fragrant.
- 04 Add the dandelion greens, lemon juice, and maple syrup. Cook for 10 minutes, stirring occasionally, or until thoroughly wilted and cooked. Season with salt and pepper.
- 05 Divide the steak, potatoes, and dandelion greens evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one steak, 3/4 cup of potatoes, and one cup of braised dandelion.

DAIRY-FREE

Use coconut oil or olive oil in place of butter.

Red Beans, Sausage & Rice

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry)
2 tsps Avocado Oil
2/3 Yellow Onion (diced)
151 grams Pork Sausage (sliced)
1 1/3 cups Red Kidney Beans (cooked)
1/3 tsp Ground Sage
2 tsps Thyme (fresh)
1/16 tsp Sea Salt (to taste)
2/3 cup Vegetable Broth, Low Sodium

NUTRITION

AMOUNT PER SERVING

Calories	609	Cholesterol	44mg
Fat	27g	Sodium	830mg
Carbs	71g	Vitamin A	104IU
Fiber	13g	Vitamin C	4mg
Sugar	4g	Calcium	106mg
Protein	23g	Iron	6mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat the oil in a pot over medium-high heat. Cook the onions and sausage for five minutes, or until browned.
- 03 Stir in the kidney beans, sage, thyme, and salt, for one minute. Add the broth and bring to a simmer. Cook uncovered for 20 minutes on low-medium heat.
- 04 Push the sausage to the side of the pot. Use an immersion blender to blend about 1/4 of the beans or until your desired consistency is reached. Stir to incorporate.
- 05 Divide the rice into bowls and top with the beans and sausage. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one cup of bean and sausage mixture, and 1/2 cup of rice.

MORE FLAVOR

Add hot sauce, vinegar, garlic, bay leaves, and/or cayenne pepper. Add green bell peppers, celery, and/or carrot.

MAKE IT VEGAN

Omit the sausage.

Chipotle Chicken, Broccoli & Wild Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

- 1 cup Wild Rice (dry)
- 227 grams Chicken Breast (boneless, skinless, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Powder
- 1/2 tsp Chipotle Powder
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (florets)

NUTRITION

AMOUNT PER SERVING

Calories	578	Cholesterol	82mg
Fat	18g	Sodium	125mg
Carbs	67g	Vitamin A	1011IU
Fiber	8g	Vitamin C	81mg
Sugar	4g	Calcium	70mg
Protein	40g	Iron	3mg

DIRECTIONS

- 01 Cook the wild rice according to the package directions.
- 02 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 03 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 04 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 05 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 06 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of both broccoli and rice with chicken.

MORE FLAVOR

Add garlic to the broccoli while sautéing.

Tofu & Edamame Noodles with Peanut Sauce

2 SERVINGS 35 MINUTES



INGREDIENTS

213 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tsps Tamari (divided)
1 1/2 tsps Avocado Oil (divided)
1 1/2 tsps Arrowroot Powder
170 grams Udon Noodles (dried)
1 cup Frozen Edamame
1/2 cup Grated Carrot
1/4 cup Peanut Sauce

NUTRITION

AMOUNT PER SERVING

Calories	633	Cholesterol	0mg
Fat	21g	Sodium	761mg
Carbs	81g	Vitamin A	4825IU
Fiber	8g	Vitamin C	6mg
Sugar	10g	Calcium	367mg
Protein	33g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 03 Meanwhile, cook the udon noodles and edamame according to package directions and set aside in a large bowl with the carrots.
- 04 Drizzle the peanut sauce over the noodles and toss well. Top with the tofu. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Add more sauce or a touch of water when reheating to make it creamy again as the sauce will absorb into the noodles as it sits in the fridge.

SERVING SIZE

One serving is about two cups.

MORE FLAVOR

Add hot sauce or sriracha on top.

ADDITIONAL TOPPINGS

Top with cilantro, green onions and/or chopped peanuts.

GLUTEN-FREE

Use gluten-free noodles.

Rainbow Tempeh Bowls

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry, uncooked)
2 cups Broccoli (chopped into florets)
1/3 tsp Avocado Oil
170 grams Tempeh (cubed)
1 1/3 tsps Sesame Oil (divided)
2 2/3 tbsps Tamari (divided)
1 1/3 tbsps Lime Juice (divided)
2 tsps Maple Syrup
2 2/3 tbsps All Natural Peanut Butter
2 Carrot (peeled, shredded)
2/3 Red Bell Pepper (sliced)
2/3 tsp Sesame Seeds (optional, for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	601	Cholesterol	0mg
Fat	27g	Sodium	1429mg
Carbs	68g	Vitamin A	12005...
Fiber	8g	Vitamin C	138mg
Sugar	13g	Calcium	197mg
Protein	32g	Iron	5mg

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 03 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 04 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 05 Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

MORE FLAVOR

Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

ADDITIONAL TOPPINGS

Roasted peanuts, crushed cashews and/or sesame seeds.

Orzo with Sausage & Mushrooms

1 SERVING 25 MINUTES



INGREDIENTS

1/3 cup Orzo (dry)
1 1/2 tsps Extra Virgin Olive Oil (divided)
71 grams Chicken Sausage (casing removed)
1 cup Shiitake Mushrooms (stem removed, sliced)
3 Cremini Mushrooms (large, sliced)
1/4 tsp Sea Salt
2 tsps Parmigiano Reggiano (finely grated)
1 tsp Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	501	Cholesterol	98mg
Fat	22g	Sodium	1422mg
Carbs	56g	Vitamin A	114IU
Fiber	5g	Vitamin C	2mg
Sugar	9g	Calcium	227mg
Protein	23g	Iron	6mg

DIRECTIONS

- 01 Cook the orzo according to package directions. Let it sit in the pot, covered to keep warm.
- 02 Heat a large dutch oven over medium heat. Once warm, add 1/3 of the oil and then the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside.
- 03 In the same dutch oven, over medium heat, add the mushrooms and cook until softened, about five to seven minutes. Season with salt.
- 04 Add the orzo to the dutch oven along with the cooked sausage. Mix to combine. Add the remaining oil, parmesan, and dill and gently toss. Divide evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is about 1 1/4 cups.

MORE FLAVOR

Add chili flakes.

GLUTEN-FREE

Use gluten-free pasta or rice.

DAIRY-FREE

Use a dairy-free parmesan or nutritional yeast.