



## 900 Calorie Meal Plan 40/30/30 PDF

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**EXERCISE**  
*with Style*

# 900 Calorie Meal Plan 40/30/30 PDF

## 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**  
Savory Arugula & Olive Oatmeal



**LUNCH**  
Tuna, Chickpea & Avocado Salad



**DINNER**  
Ham Sandwich

## TUE



**BREAKFAST**  
Savory Arugula & Olive Oatmeal



**LUNCH**  
Ham Sandwich



**DINNER**  
Roasted Red Pepper, Chicken & Pesto Wraps

## WED



**BREAKFAST**  
Savory Arugula & Olive Oatmeal



**LUNCH**  
Roasted Red Pepper, Chicken & Pesto Wraps



**DINNER**  
One Pan Pork Tenderloin & Potatoes

## THU



**BREAKFAST**  
Raspberry Banana Smoothie Bowl



**LUNCH**  
One Pan Pork Tenderloin & Potatoes



**DINNER**  
Turkey Sausage, Broccoli & Rice

## FRI



**BREAKFAST**  
Raspberry Banana Smoothie Bowl



**LUNCH**  
Turkey Sausage, Broccoli & Rice



**DINNER**  
Balsamic Cod & Cauliflower Mash

## SAT



**BREAKFAST**  
Banana Walnut Cottage Cheese Oatmeal



**LUNCH**  
Balsamic Cod & Cauliflower Mash



**DINNER**  
Pesto Chicken & Tomatoes with Quinoa

## SUN



**BREAKFAST**  
Banana Walnut Cottage Cheese Oatmeal



**LUNCH**  
Pesto Chicken & Tomatoes with Quinoa



**DINNER**  
Ground Turkey, Mini Potatoes & Watercress



## MON

FAT 32% CARBS 41% PROTEIN 27%

Calories 947  
Fat 35g  
Carbs 99g  
Fiber 23g  
Sugar 18g  
Protein 66g  
Cholesterol 275mg  
Sodium 2002mg  
Vitamin A 7933IU  
Vitamin C 41mg  
Calcium 295mg  
Iron 12mg

## TUE

FAT 36% CARBS 35% PROTEIN 29%

Calories 981  
Fat 39g  
Carbs 87g  
Fiber 17g  
Sugar 12g  
Protein 72g  
Cholesterol 327mg  
Sodium 1868mg  
Vitamin A 10297IU  
Vitamin C 96mg  
Calcium 370mg  
Iron 9mg

## WED

FAT 36% CARBS 34% PROTEIN 30%

Calories 1002  
Fat 40g  
Carbs 85g  
Fiber 16g  
Sugar 7g  
Protein 77g  
Cholesterol 365mg  
Sodium 719mg  
Vitamin A 5050IU  
Vitamin C 116mg  
Calcium 342mg  
Iron 9mg

## THU

FAT 29% CARBS 42% PROTEIN 29%

Calories 1059  
Fat 35g  
Carbs 112g  
Fiber 17g  
Sugar 27g  
Protein 78g  
Cholesterol 185mg  
Sodium 861mg  
Vitamin A 2013IU  
Vitamin C 194mg  
Calcium 617mg  
Iron 7mg

## FRI

FAT 29% CARBS 43% PROTEIN 28%

Calories 1081  
Fat 36g  
Carbs 118g  
Fiber 20g  
Sugar 45g  
Protein 78g  
Cholesterol 138mg  
Sodium 926mg  
Vitamin A 2259IU  
Vitamin C 311mg  
Calcium 710mg  
Iron 8mg

## SAT

FAT 31% CARBS 37% PROTEIN 32%

Calories 1049  
Fat 37g  
Carbs 98g  
Fiber 14g  
Sugar 34g  
Protein 84g  
Cholesterol 193mg  
Sodium 974mg  
Vitamin A 4302IU  
Vitamin C 167mg  
Calcium 399mg  
Iron 8mg

## SUN

FAT 30% CARBS 37% PROTEIN 33%

Calories 1004  
Fat 34g  
Carbs 93g  
Fiber 12g  
Sugar 16g  
Protein 83g  
Cholesterol 227mg  
Sodium 954mg  
Vitamin A 5857IU  
Vitamin C 78mg  
Calcium 408mg  
Iron 8mg

## FRUITS

- 1/4 Avocado
- 2 Banana
- 1/2 tsp Lemon Juice

## BREAKFAST

- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 tsp Cinnamon
- 1/4 tsp Dried Rosemary
- 1/4 tsp Garlic Powder
- 2 tps Hemp Seeds
- 1/8 tsp Onion Powder
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 2 tps Walnuts

## FROZEN

- 2 cups Frozen Raspberries

## VEGETABLES

- 4 1/2 cups Arugula
- 3 cups Baby Spinach
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 1/2 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/4 Cucumber
- 3 1/4 Garlic
- 3 cups Mini Potatoes
- 1 1/3 tbsps Parsley
- 1 Red Bell Pepper
- 2 tbsps Red Onion
- 4 leaves Romaine
- 1 Tomato
- 2 cups Watercress
- 1/2 Zucchini

## BOXED & CANNED

- 1/2 cup Brown Rice
- 1/2 cup Chickpeas
- 1/2 cup Quick Oats
- 1/2 cup Quinoa
- 1/2 can Tuna

## BAKING

- 3 tbsps Nutritional Yeast
- 1 1/2 cups Oats
- 2 tps Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 227 grams Chicken Thighs
- 1 Cod Fillet
- 113 grams Extra Lean Ground Turkey
- 4 slices Gluten-Free Bread
- 227 grams Pork Tenderloin
- 170 grams Sliced Ham
- 225 grams Turkey Sausage
- 2 Whole Wheat Tortilla

## CONDIMENTS & OILS

- 1 3/4 tps Avocado Oil
- 2 tps Balsamic Vinegar
- 1/2 tsp Coconut Oil
- 2 2/3 tps Extra Virgin Olive Oil
- 2 tps Italian Dressing
- 2 tps Mayonnaise
- 2 3/4 tps Pesto
- 1/3 cup Pitted Kalamata Olives
- 1 tsp Yellow Mustard

## COLD

- 1 1/2 tps Butter
- 2 cups Cottage Cheese
- 3 Egg
- 1 1/2 cups Plain Coconut Milk

## OTHER

- 1/2 cup Vanilla Protein Powder
- 3 cups Water



# Savory Arugula & Olive Oatmeal

3 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 cups Oats (rolled)  
3 cups Water  
3 tbsps Nutritional Yeast  
3/4 tsp Extra Virgin Olive Oil  
3 Egg  
4 1/2 cups Arugula  
1/3 cup Pitted Kalamata Olives  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	296	Cholesterol	186mg
Fat	11g	Sodium	235mg
Carbs	33g	Vitamin A	1037IU
Fiber	7g	Vitamin C	5mg
Sugar	1g	Calcium	141mg
Protein	18g	Iron	5mg

## DIRECTIONS

- 01 Add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the nutritional yeast and stir.
- 02 Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.
- 03 Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

## NOTES

### LEFTOVERS

The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

### MORE FLAVOR

Add onions, chili flakes or garlic powder.

### ADDITIONAL TOPPINGS

Add sliced avocado.

### MAKE IT VEGAN

Omit the egg and top with scrambled tofu instead.

# Raspberry Banana Smoothie Bowl

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 1/2 cups Plain Coconut Milk
- 2 cups Frozen Raspberries
- 1 Banana (frozen, plus more for garnish)
- 1/2 Zucchini (frozen, chopped)
- 1/2 cup Vanilla Protein Powder
- 2 tsps Unsweetened Coconut Flakes
- 2 tsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	314	Cholesterol	4mg
Fat	8g	Sodium	76mg
Carbs	40g	Vitamin A	614IU
Fiber	9g	Vitamin C	39mg
Sugar	23g	Calcium	499mg
Protein	23g	Iron	2mg

## DIRECTIONS

- 01 In a blender, add the coconut milk, raspberries, banana, zucchini, and protein powder. Blend until smooth.
- 02 Pour the smoothie into a bowl and garnish with banana, coconut flakes, and hemp seeds. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### ADDITIONAL TOPPINGS

Raspberries, chia seeds, and/or pumpkin seeds.



# Banana Walnut Cottage Cheese Oatmeal

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Quick Oats  
2 cups Cottage Cheese  
1 Banana (sliced)  
2 tsps Walnuts (chopped)  
1/2 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Cholesterol	36mg
Fat	12g	Sodium	663mg
Carbs	35g	Vitamin A	334IU
Fiber	4g	Vitamin C	5mg
Sugar	13g	Calcium	197mg
Protein	27g	Iron	1mg

## DIRECTIONS

- 01 Cook the oats according to the package directions.
- 02 Add the cottage cheese to a bowl and stir in the oats, mixing well to combine. Top with the banana, walnuts, and cinnamon. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately 1 3/4 cups.

### MORE FLAVOR

Add maple syrup, cacao powder, or flavored protein powder.

### ADDITIONAL TOPPINGS

Hemp seeds and/or cacao nibs.

# Tuna, Chickpea & Avocado Salad

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 can Tuna (drained, flaked with a fork)  
1/2 cup Chickpeas (cooked, drained)  
1/4 Cucumber (medium, chopped)  
1/2 cup Cherry Tomatoes (halved)  
1/4 Avocado (cubed)  
2 tbsps Red Onion (sliced)  
2 tbsps Italian Dressing  
1 tbsp Parsley (fresh, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	333	Cholesterol	30mg
Fat	11g	Sodium	547mg
Carbs	37g	Vitamin A	1185IU
Fiber	12g	Vitamin C	25mg
Sugar	11g	Calcium	98mg
Protein	26g	Iron	5mg

## DIRECTIONS

01 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO ITALIAN DRESSING

Use olive oil and lemon juice instead.

### NO TUNA

Use other canned fish like salmon or mackerel.

### CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

# Ham Sandwich

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 tps Mayonnaise  
1 tsp Yellow Mustard  
4 slices Gluten-Free Bread  
4 leaves Romaine  
1 Tomato (medium, thinly sliced)  
170 grams Sliced Ham

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Cholesterol	59mg
Fat	13g	Sodium	1220m...
Carbs	29g	Vitamin A	5711IU
Fiber	4g	Vitamin C	11mg
Sugar	6g	Calcium	56mg
Protein	22g	Iron	2mg

## DIRECTIONS

01 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container and enjoy within a day.

### ADDITIONAL TOPPINGS

Cucumber, pickles, onion, bell pepper, cheese, or avocado.

### NO HAM

Use sliced turkey, chicken, or roast beef instead.

# Roasted Red Pepper, Chicken & Pesto Wraps

2 SERVINGS 35 MINUTES



## INGREDIENTS

227 grams Chicken Breast  
1 Red Bell Pepper (sliced)  
1 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 Whole Wheat Tortilla  
2 tbsps Pesto  
1 cup Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	367	Cholesterol	82mg
Fat	15g	Sodium	413mg
Carbs	25g	Vitamin A	3549IU
Fiber	6g	Vitamin C	80mg
Sugar	5g	Calcium	173mg
Protein	32g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Place the chicken and red pepper on a baking sheet and drizzle with oil. Season with salt and pepper to taste. Bake for 25 minutes, then slice the chicken into thin strips.
- 02 Place the tortilla on a plate and spread the pesto in a thin layer on top. Add the sliced chicken, red pepper, and spinach. Fold in the sides of the tortilla and roll it up. Slice the wrap in half if desired. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

### SERVING SIZE

One serving is equal to one wrap.

### ADDITIONAL TOPPINGS

Goat cheese and/or fresh herbs.

### MAKE IT VEGAN

Use tofu or tempeh instead of chicken.

### GLUTEN-FREE

Use a gluten-free tortilla instead.



# One Pan Pork Tenderloin & Potatoes

2 SERVINGS 45 MINUTES



## INGREDIENTS

227 grams Pork Tenderloin  
Sea Salt & Black Pepper (to taste)  
1/4 tsp Garlic Powder (divided)  
1/4 tsp Smoked Paprika (divided)  
1 tsp Avocado Oil  
2 cups Mini Potatoes (halved)  
1 1/2 tbsps Butter  
1/2 tsp Lemon Juice  
1 tsp Parsley (chopped fine, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	339	Cholesterol	97mg
Fat	14g	Sodium	71mg
Carbs	27g	Vitamin A	464IU
Fiber	3g	Vitamin C	31mg
Sugar	1g	Calcium	28mg
Protein	27g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Pat the pork dry with a paper towel and season with salt, pepper, half of the garlic powder, and half of the smoked paprika.
- 03 Heat a large oven-safe pan over medium heat. Once hot, add the oil and then add the pork. Cook until browned slightly on all sides, turning occasionally, about five minutes.
- 04 Season the potatoes with salt, pepper, the remaining garlic powder, and the remaining smoked paprika. Scatter around the pork. Transfer to the oven and cook for 20 to 24 minutes, or until a meat thermometer reads 145°F (65°C). Remove the pork and set it aside on a plate and cover loosely with foil to rest.
- 05 Increase the oven to 425°F (220°C). Return the potatoes to the oven and cook for another 15 minutes, or until fork tender.
- 06 Remove the potatoes from the pan and set aside on a serving dish. Heat the skillet over medium-low heat. Add the butter, lemon juice, and any juices from the plate with the pork on it. Stir to combine and cook for two to three minutes.
- 07 Slice the pork and transfer to a serving dish with the potatoes. Pour the lemon butter sauce over top and garnish with parsley. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups of sliced pork and potatoes combined.



**DAIRY-FREE**

Omit the butter or use oil instead.

# Turkey Sausage, Broccoli & Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (uncooked)  
3 cups Broccoli (cut into florets)  
3/4 tsp Avocado Oil  
Sea Salt & Black Pepper  
225 grams Turkey Sausage

## NUTRITION

### AMOUNT PER SERVING

Calories	406	Cholesterol	84mg
Fat	13g	Sodium	714mg
Carbs	45g	Vitamin A	935IU
Fiber	5g	Vitamin C	124mg
Sugar	3g	Calcium	90mg
Protein	28g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment.
- 02 Cook the rice according to package directions.
- 03 Meanwhile, place the broccoli on the prepared baking sheet and toss with the oil and season with salt and pepper to taste. Arrange on one side of the pan and place the sausages on the other side. Bake for 20 to 25 minutes, or until the sausages are cooked through, flipping the broccoli halfway.
- 04 To serve divide the rice, broccoli, and sausage between plates or meal prep containers. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season the broccoli with herbs and spices.

### NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

### NO BROCCOLI

Use another vegetable instead.

### NO TURKEY SAUSAGE

Use chicken, pork, or beef sausages instead.

# Balsamic Cod & Cauliflower Mash

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 head Cauliflower (large, cut into florets)  
2 tbsps Extra Virgin Olive Oil (divided)  
3 Garlic (cloves, minced, divided)  
Sea Salt & Black Pepper  
2 tbsps Balsamic Vinegar  
2 tbsps Maple Syrup  
1 Cod Fillet (cut in half)  
2 cups Brussels Sprouts (trimmed and quartered)

## NUTRITION

### AMOUNT PER SERVING

Calories	361	Cholesterol	50mg
Fat	15g	Sodium	136mg
Carbs	33g	Vitamin A	710IU
Fiber	6g	Vitamin C	148mg
Sugar	19g	Calcium	121mg
Protein	27g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 Steam the cauliflower until fork tender, about five to seven minutes. Mash with 1/2 of the oil and 1/3 of the garlic. Season with salt and pepper to taste.
- 03 Mix the balsamic vinegar, maple syrup, remaining oil, and remaining garlic in a large bowl.
- 04 Toss the Brussels sprouts in the balsamic marinade and spread them out on the baking sheet. Place the cod on the baking sheet and pour the remaining balsamic marinade on the cod, being sure to coat it well. Bake for 15 minutes, remove the cod and continue baking the Brussels sprouts for ten minutes.
- 05 Divide the cod, mashed cauliflower and Brussels sprouts evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one cod fillet, one cup of cauliflower mash, and one cup of Brussels sprouts.

### MORE FLAVOR

Add thyme to the marinade.

### FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.



# Pesto Chicken & Tomatoes with Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry)  
227 grams Chicken Thighs (boneless, skinless)  
1/2 cup Cherry Tomatoes (halved)  
2 1/2 tsps Pesto  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	335	Cholesterol	107mg
Fat	10g	Sodium	175mg
Carbs	30g	Vitamin A	3258IU
Fiber	4g	Vitamin C	14mg
Sugar	2g	Calcium	81mg
Protein	30g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 02 Cook the quinoa according to the package directions.
- 03 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 04 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Cook the quinoa in chicken stock instead of water.

### ADDITIONAL TOPPINGS

Chopped basil or parsley.

# Ground Turkey, Mini Potatoes & Watercress

1 SERVING 30 MINUTES



## INGREDIENTS

1 cup Mini Potatoes (halved)  
1/2 tsp Coconut Oil  
113 grams Extra Lean Ground Turkey  
1/4 tsp Dried Rosemary  
1/8 tsp Onion Powder  
Sea Salt & Black Pepper (to taste)  
2 cups Watercress (roughly chopped)  
1/4 Garlic (clove, minced)

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	84mg
Fat	12g	Sodium	116mg
Carbs	28g	Vitamin A	2265IU
Fiber	4g	Vitamin C	59mg
Sugar	1g	Calcium	130mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 Place the potatoes in a pot and cover them with water. Bring to a boil and cook for 15 to 20 minutes or until they are fork tender. Drain, season with salt and pepper, and set aside.
- 02 Heat the oil in a frying pan over medium heat and add the ground turkey, breaking it up as it cooks. Mix in the rosemary, onion powder, salt, and pepper and cook for 14 to 15 minutes or until cooked through and no longer pink. Remove from the heat and set aside.
- 03 To the same pan, add the watercress, garlic, and salt and pepper to taste, and sauté for three to four minutes or until the watercress is slightly wilted.
- 04 Divide the turkey, potatoes, and watercress evenly between bowls or containers. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add hot sauce or tzatziki when ready to eat.

### NO GROUND TURKEY

Use any other ground meat or lentils instead.