



# 900 Calorie Meal Plan 40/40/20 PDF

BRENDA PERALTA, RDN, CDE

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

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## MON



**BREAKFAST**  
Peach Cherry Smoothie



**LUNCH**  
Bison, Rapini & Rice



**DINNER**  
Chicken, Asparagus & Sweet Potato

## TUE



**BREAKFAST**  
Peach Cherry Smoothie



**LUNCH**  
Chicken, Asparagus & Sweet Potato



**DINNER**  
Lemony Chicken with Rice & Peas

## WED



**BREAKFAST**  
Peach Cherry Smoothie



**LUNCH**  
Lemony Chicken with Rice & Peas



**DINNER**  
Turkey & White Bean Chili

## THU



**BREAKFAST**  
Warm Peas with Eggs



**LUNCH**  
Turkey & White Bean Chili



**DINNER**  
Couscous Bowl with Rosemary Chicken

## FRI



**BREAKFAST**  
Warm Peas with Eggs



**LUNCH**  
Couscous Bowl with Rosemary Chicken



**DINNER**  
Chicken, Cabbage & Wild Rice

## SAT



**BREAKFAST**  
Cottage Cheese with Mango



**LUNCH**  
Chicken, Cabbage & Wild Rice



**DINNER**  
Meal Prep Chicken & Cilantro Lime Quinoa

## SUN



**BREAKFAST**  
Cottage Cheese with Mango



**LUNCH**  
Meal Prep Chicken & Cilantro Lime Quinoa



**DINNER**  
Ahi Tuna Tacos

## MON

FAT 22% CARBS 41% PROTEIN 37%

Calories 935  
Fat 24g  
Carbs 98g  
Fiber 18g  
Sugar 28g  
Protein 88g  
Cholesterol 169mg  
Sodium 565mg  
Vitamin A 17162IU  
Vitamin C 34mg  
Calcium 799mg  
Iron 9mg

## TUE

FAT 20% CARBS 42% PROTEIN 38%

Calories 944  
Fat 21g  
Carbs 102g  
Fiber 19g  
Sugar 31g  
Protein 91g  
Cholesterol 189mg  
Sodium 997mg  
Vitamin A 16934IU  
Vitamin C 43mg  
Calcium 765mg  
Iron 7mg

## WED

FAT 18% CARBS 47% PROTEIN 35%

Calories 1003  
Fat 20g  
Carbs 121g  
Fiber 28g  
Sugar 31g  
Protein 90g  
Cholesterol 153mg  
Sodium 1606mg  
Vitamin A 2692IU  
Vitamin C 94mg  
Calcium 864mg  
Iron 9mg

## THU

FAT 20% CARBS 46% PROTEIN 34%

Calories 1079  
Fat 24g  
Carbs 125g  
Fiber 29g  
Sugar 21g  
Protein 93g  
Cholesterol 527mg  
Sodium 1397mg  
Vitamin A 7249IU  
Vitamin C 126mg  
Calcium 310mg  
Iron 11mg

## FRI

FAT 19% CARBS 46% PROTEIN 35%

Calories 1048  
Fat 23g  
Carbs 121g  
Fiber 21g  
Sugar 21g  
Protein 92g  
Cholesterol 552mg  
Sodium 1742mg  
Vitamin A 7120IU  
Vitamin C 116mg  
Calcium 224mg  
Iron 8mg

## SAT

FAT 21% CARBS 40% PROTEIN 39%

Calories 1019  
Fat 24g  
Carbs 106g  
Fiber 15g  
Sugar 39g  
Protein 101g  
Cholesterol 246mg  
Sodium 1999mg  
Vitamin A 13934IU  
Vitamin C 122mg  
Calcium 381mg  
Iron 5mg

## SUN

FAT 21% CARBS 37% PROTEIN 42%

Calories 1057  
Fat 24g  
Carbs 99g  
Fiber 13g  
Sugar 34g  
Protein 112g  
Cholesterol 222mg  
Sodium 1193mg  
Vitamin A 13913IU  
Vitamin C 82mg  
Calcium 516mg  
Iron 5mg

## FRUITS

- 1 1/2 cups Cherries
- 1 Lemon
- 1/4 Lime
- 2 tsps Lime Juice
- 1 Mango
- 3 Peach

## SEEDS, NUTS & SPICES

- 3 tsps Chia Seeds
- 2/3 tsp Cumin
- 1 tsp Dried Rosemary
- 1/2 tsp Garlic Powder
- 1/4 tsp Oregano
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 1/2 cups Frozen Peas

## VEGETABLES

- 4 cups Arugula
- 1 1/2 cups Asparagus
- 2 Carrot
- 2/3 cup Cilantro
- 3 1/3 Garlic
- 3 cups Green Cabbage
- 1 Green Chili Pepper
- 1 stalk Green Onion
- 1/8 Jalapeno Pepper
- 2 tsps Parsley
- 57 grams Rapini
- 1/2 Red Bell Pepper
- 1 tbsp Red Onion
- 1/3 Sweet Onion
- 1 1/2 Sweet Potato
- 1/2 White Onion

## BOXED & CANNED

- 1/2 cup Brown Rice
- 2 1/4 cups Chicken Broth
- 1/2 cup Corn
- 1/2 cup Couscous
- 1/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 1 1/3 cups White Navy Beans
- 1/2 cup Wild Rice

## BAKING

- 2 tsps Arrowroot Powder

## BREAD, FISH, MEAT & CHEESE

- 170 grams Ahi Tuna
- 964 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 2 Corn Tortilla
- 113 grams Ground Bison
- 151 grams Turkey Breast, Cooked

## CONDIMENTS & OILS

- 1 1/16 tsps Extra Virgin Olive Oil

## COLD

- 2 1/2 tsps Butter
- 2 cups Cottage Cheese
- 1/4 cup Cream, Half & Half
- 4 Egg
- 2 tsps Guacamole
- 3 cups Unsweetened Almond Milk

## OTHER

- 3/4 cup Vanilla Protein Powder
- 1 1/8 cups Water



# Peach Cherry Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Unsweetened Almond Milk  
3 Peach (medium, pitted)  
1 1/2 cups Cherries (pitted)  
3 tbsps Chia Seeds  
3/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	278	Cholesterol	4mg
Fat	7g	Sodium	200mg
Carbs	34g	Vitamin A	1037IU
Fiber	10g	Vitamin C	15mg
Sugar	22g	Calcium	661mg
Protein	24g	Iron	2mg

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO ALMOND MILK

Use cow's milk or any other milk alternative.

### MORE FIBER

Add spinach, kale, or ground flax.

### NO FRESH PEACHES OR CHERRIES

Use frozen instead.

# Warm Peas with Eggs

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 White Onion (diced)  
3 tbsps Water  
3 cups Frozen Peas  
1/4 tsp Sea Salt  
4 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	341	Cholesterol	372mg
Fat	10g	Sodium	611mg
Carbs	38g	Vitamin A	558IU
Fiber	11g	Vitamin C	26mg
Sugar	12g	Calcium	122mg
Protein	25g	Iron	5mg

## DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

### MORE FLAVOR

Use broth or oil instead of water.

### ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

# Cottage Cheese with Mango

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Cottage Cheese  
1 Mango (peeled, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	307	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	32g	Vitamin A	2112IU
Fiber	3g	Vitamin C	61mg
Sugar	29g	Calcium	193mg
Protein	25g	Iron	0mg

## DIRECTIONS

01 Top the cottage cheese with chopped mango and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MAKE IT VEGAN

Use coconut yogurt or oatmeal instead of cottage cheese.

### ADDITIONAL TOPPINGS

Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.

# Bison, Rapini & Rice

1 SERVING 20 MINUTES



## INGREDIENTS

1/4 cup Jasmine Rice (dry)  
57 grams Rapini (chopped)  
113 grams Ground Bison  
1/4 tsp Oregano (dried)  
1/16 tsp Sea Salt (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	339	Cholesterol	62mg
Fat	8g	Sodium	246mg
Carbs	40g	Vitamin A	1491IU
Fiber	3g	Vitamin C	11mg
Sugar	0g	Calcium	78mg
Protein	28g	Iron	4mg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Bring a pot of water to a boil. Cook the rapini for two minutes or until tender crisp. Drain and set aside.
- 03 Meanwhile, heat a pan over medium heat. Add the bison, oregano, and salt. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 04 Divide the rice, rapini, and bison onto plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately two cups.

### MORE FLAVOR

Add onions, garlic, and black pepper.

### NO BISON

Use ground beef, turkey, chicken, tempeh, or firm tofu instead.

# Chicken, Asparagus & Sweet Potato

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 1/2 Sweet Potato (medium, diced)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 cups Asparagus (woody ends trimmed)
- 283 grams Chicken Breast (boneless, skinless)

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Cholesterol	103mg
Fat	9g	Sodium	119mg
Carbs	24g	Vitamin A	14634I...
Fiber	5g	Vitamin C	8mg
Sugar	6g	Calcium	60mg
Protein	36g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 03 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 04 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 05 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

## NOTES

### NO ASPARAGUS

Use zucchini, green beans, broccoli or cauliflower instead.

### NO SWEET POTATO

Use carrots or regular potato instead.

### VEGAN

Swap out the chicken for roasted chickpeas or marinated lentils.

### LEFTOVERS

Keeps well in the fridge up to 3 days.

# Lemony Chicken with Rice & Peas

2 SERVINGS 45 MINUTES



## INGREDIENTS

227 grams Chicken Breast (boneless, skinless)  
2 tbsps Parsley (chopped, divided)  
2 tbsps Cilantro (chopped)  
2 Garlic (clove, minced)  
1 Lemon (juiced)  
1/2 tsp Sea Salt (divided)  
1/2 cup Brown Rice (dry)  
1 cup Water  
1/2 cup Frozen Peas (thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	82mg
Fat	5g	Sodium	678mg
Carbs	44g	Vitamin A	1263IU
Fiber	4g	Vitamin C	20mg
Sugar	3g	Calcium	44mg
Protein	31g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper. Place the chicken breast, half of the parsley, cilantro, garlic, lemon juice, and half of the salt in a zipper-lock bag.
- 02 Let the chicken sit in the marinade for about 10 minutes. Place the chicken on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 03 Meanwhile, rinse the rice well using a fine mesh strainer under cold water until the water runs clear.
- 04 Add the rinsed rice to a pot along with the water and remaining salt. Bring the rice to a boil over high heat, then cover and reduce the heat to low. Cook for about 15 minutes, then add peas and the remaining parsley. Continue cooking for 10 to 15 minutes or until the liquid has just been absorbed.
- 05 Fluff the rice with a fork. Divide the rice mixture and chicken breast evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE FLAVOR

Add paprika and chili flakes to the chicken marinade.

# Turkey & White Bean Chili

2 SERVINGS 25 MINUTES



## INGREDIENTS

2/3 tsp Extra Virgin Olive Oil  
1/3 Sweet Onion (medium, chopped)  
1 1/3 Garlic (cloves, minced)  
1 1/3 cups Chicken Broth  
2/3 tsp Cumin (ground)  
1 Green Chili Pepper (seeds removed, optional)  
151 grams Turkey Breast, Cooked (roughly chopped)  
1 1/3 cups White Navy Beans (cooked)  
1/4 cup Cream, Half & Half  
2 tsps Arrowroot Powder  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	377	Cholesterol	67mg
Fat	8g	Sodium	728mg
Carbs	43g	Vitamin A	392IU
Fiber	14g	Vitamin C	59mg
Sugar	6g	Calcium	159mg
Protein	35g	Iron	5mg

## DIRECTIONS

- 01 Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
- 02 Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
- 03 In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

### SERVING SIZE

One serving equals approximately two cups of chili.

### DAIRY-FREE

Use coconut milk instead of cream.

### MORE FLAVOR

Add oregano, cilantro, or jalapeños.

### ADDITIONAL TOPPINGS

Top with avocado slices, green onion, or shredded cheese.

### NO ARROWROOT POWDER

Use cornstarch or tapioca starch instead.

# Couscous Bowl with Rosemary Chicken

2 SERVINGS 30 MINUTES



## INGREDIENTS

227 grams Chicken Breast  
Sea Salt & Black Pepper (to taste)  
1 tsp Dried Rosemary  
1/2 cup Couscous (dry)  
1 tsp Butter (unsalted)  
1/2 Red Bell Pepper (medium, diced)  
1/2 cup Corn (cooked)  
1/4 cup Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	361	Cholesterol	88mg
Fat	6g	Sodium	58mg
Carbs	44g	Vitamin A	1276IU
Fiber	4g	Vitamin C	41mg
Sugar	3g	Calcium	29mg
Protein	33g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Season the chicken breast with salt, pepper and dried rosemary. Place the chicken on a tray lined with parchment paper. Bake it in the oven for 20 minutes or until the chicken is cooked through.
- 02 Meanwhile, cook the couscous according to the package directions. Once cooked, add the butter and mix well. Season with salt and pepper to taste.
- 03 Cut the cooked chicken into 1/2 inch cubes.
- 04 Divide the couscous, chicken cubes, corn, and bell pepper between serving bowls. Garnish with chopped cilantro (optional). Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### GLUTEN-FREE

Use quinoa instead.

### MORE FLAVOR

Add onion powder and/or cumin powder to the chicken.

### ADDITIONAL TOPPINGS

Add diced red onions.



# Chicken, Cabbage & Wild Rice

2 SERVINGS 50 MINUTES



## INGREDIENTS

1/2 cup Wild Rice (dry)  
1 cup Chicken Broth  
227 grams Chicken Breast  
3 cups Green Cabbage (sliced into steaks)  
1 1/2 tsps Butter (melted)  
1/2 tsp Sea Salt  
1/2 tsp Garlic Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	346	Cholesterol	92mg
Fat	7g	Sodium	1073mg
Carbs	39g	Vitamin A	263IU
Fiber	6g	Vitamin C	49mg
Sugar	6g	Calcium	73mg
Protein	34g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Cook the wild rice in the broth according to the package directions.
- 03 Add the chicken and cabbage steaks onto a baking sheet. Add the melted butter, salt, and garlic powder. Use your hands to coat well. Bake in the oven for 30 minutes or until cooked through.
- 04 Serve the chicken and cabbage with rice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one chicken breast, two cabbage steaks, and 1/2 cup of wild rice.

### MAKE IT VEGAN

Use tofu or tempeh in place of the chicken.

### MORE FLAVOR

Marinate the chicken. Add tamari and/or hot sauce.

### DAIRY-FREE

Use any cooking oil instead of butter.

# Meal Prep Chicken & Cilantro Lime Quinoa

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
1/4 cup Cilantro (chopped)  
2 tsps Lime Juice (to taste)  
1/8 tsp Sea Salt (to taste)  
4 cups Arugula (packed)  
2 Carrot (small, chopped)  
227 grams Chicken Breast, Cooked (sliced)  
1 stalk Green Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Cholesterol	118mg
Fat	7g	Sodium	263mg
Carbs	35g	Vitamin A	11559IU
Fiber	6g	Vitamin C	12mg
Sugar	4g	Calcium	115mg
Protein	42g	Iron	3mg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions and let cool.
- 02 Toss the quinoa with cilantro, lime juice, and salt.
- 03 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Use balsamic vinegar or your dressing of choice.

### ADDITIONAL TOPPINGS

Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.

# Ahi Tuna Tacos

1 SERVING 10 MINUTES



## INGREDIENTS

1/4 tsp Extra Virgin Olive Oil  
170 grams Ahi Tuna (sushi-grade)  
1/16 tsp Sea Salt  
2 tbsps Guacamole  
1 tbsp Red Onion (diced)  
1 tbsp Cilantro  
2 Corn Tortilla (small)  
1/8 Jalapeno Pepper (seeds removed, finely sliced)  
1/4 Lime (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	384	Cholesterol	68mg
Fat	7g	Sodium	267mg
Carbs	32g	Vitamin A	242IU
Fiber	4g	Vitamin C	9mg
Sugar	1g	Calcium	208mg
Protein	45g	Iron	2mg

## DIRECTIONS

- 01 Warm the oil in a pan over medium heat. Season the tuna all over with salt.
- 02 Cook the tuna for two to four minutes per side. The timing will depend on the thickness of the tuna and desired doneness.
- 03 Slice the tuna thinly. Divide the tuna, guacamole, red onion, and cilantro between tortillas.
- 04 Top with jalapeño, squeeze the lime juice on top, and enjoy!

## NOTES

### LEFTOVERS

Best to enjoy immediately. Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to two tacos.

### MORE FLAVOR

Add salsa, sour cream, sriracha, shredded cabbage, and your choice of sauce.