



# 900 Calorie Meal Plan 50/30/20 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](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Peach Cherry Smoothie



**LUNCH**  
Chickpea, Tuna & Roasted Red Pepper Sandwich



**DINNER**  
Pesto Chicken Stuffed Sweet Potatoes

## TUE



**BREAKFAST**  
Peach Cherry Smoothie



**LUNCH**  
Pesto Chicken Stuffed Sweet Potatoes



**DINNER**  
Cod, Cauliflower Steaks & Rice

## WED



**BREAKFAST**  
Peach Cherry Smoothie



**LUNCH**  
Cod, Cauliflower Steaks & Rice



**DINNER**  
Tomato & Mushroom Chickpea Pasta

## THU



**BREAKFAST**  
Orange Matcha Smoothie



**LUNCH**  
Tomato & Mushroom Chickpea Pasta



**DINNER**  
Pesto Chicken & Tomatoes with Quinoa

## FRI



**BREAKFAST**  
Orange Matcha Smoothie



**LUNCH**  
Pesto Chicken & Tomatoes with Quinoa



**DINNER**  
Cajun Turkey with Green Beans & Rice

## SAT



**BREAKFAST**  
Mango Lime Smoothie



**LUNCH**  
Cajun Turkey with Green Beans & Rice



**DINNER**  
Turkey Chili

## SUN



**BREAKFAST**  
Mango Lime Smoothie



**LUNCH**  
Turkey Chili



**DINNER**  
Sesame Ginger Salmon with Veggies & Rice

## MON

FAT 21% CARBS 49% PROTEIN 30%

Calories 934  
Fat 22g  
Carbs 117g  
Fiber 25g  
Sugar 39g  
Protein 73g  
Cholesterol 76mg  
Sodium 1560mg  
Vitamin A 21616IU  
Vitamin C 46mg  
Calcium 836mg  
Iron 9mg

## TUE

FAT 21% CARBS 48% PROTEIN 31%

Calories 929  
Fat 22g  
Carbs 115g  
Fiber 20g  
Sugar 31g  
Protein 73g  
Cholesterol 95mg  
Sodium 1322mg  
Vitamin A 20727IU  
Vitamin C 93mg  
Calcium 780mg  
Iron 6mg

## WED

FAT 21% CARBS 50% PROTEIN 29%

Calories 1042  
Fat 25g  
Carbs 137g  
Fiber 29g  
Sugar 36g  
Protein 79g  
Cholesterol 54mg  
Sodium 922mg  
Vitamin A 1782IU  
Vitamin C 97mg  
Calcium 816mg  
Iron 13mg

## THU

FAT 21% CARBS 50% PROTEIN 29%

Calories 1058  
Fat 26g  
Carbs 137g  
Fiber 26g  
Sugar 46g  
Protein 78g  
Cholesterol 111mg  
Sodium 571mg  
Vitamin A 4580IU  
Vitamin C 117mg  
Calcium 824mg  
Iron 15mg

## FRI

FAT 18% CARBS 51% PROTEIN 31%

Calories 1063  
Fat 22g  
Carbs 137g  
Fiber 20g  
Sugar 40g  
Protein 84g  
Cholesterol 171mg  
Sodium 668mg  
Vitamin A 5324IU  
Vitamin C 118mg  
Calcium 846mg  
Iron 8mg

## SAT

FAT 19% CARBS 52% PROTEIN 29%

Calories 1009  
Fat 22g  
Carbs 133g  
Fiber 29g  
Sugar 48g  
Protein 76g  
Cholesterol 106mg  
Sodium 1121mg  
Vitamin A 8185IU  
Vitamin C 176mg  
Calcium 1083mg  
Iron 10mg

## SUN

FAT 22% CARBS 51% PROTEIN 27%

Calories 981  
Fat 25g  
Carbs 127g  
Fiber 23g  
Sugar 48g  
Protein 68g  
Cholesterol 89mg  
Sodium 1321mg  
Vitamin A 10301IU  
Vitamin C 197mg  
Calcium 1044mg  
Iron 8mg

## FRUITS

- 1 1/2 cups Cherries
- 3/4 tsp Lemon Juice
- 2 Lime
- 2 Navel Orange
- 3 Peach

## BREAKFAST

- 2 tsp Green Tea Powder

## SEEDS, NUTS & SPICES

- 1 tbsp Cajun Spice
- 2 tbsps Cashews
- 3 tbsps Chia Seeds
- 1/8 tsp Chili Flakes
- 2 1/4 tps Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Garlic Powder
- 1/2 tsp Paprika
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 1 cup Frozen Banana
- 2 cups Frozen Cauliflower
- 4 cups Frozen Green Beans
- 2 cups Frozen Mango

## VEGETABLES

- 2 1/2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Bok Choy
- 1/2 Carrot
- 1/2 head Cauliflower
- 1 1/2 stalks Celery
- 1/2 cup Cherry Tomatoes
- 5 Cremini Mushrooms
- 1 1/2 tps Fresh Dill
- 1/2 Garlic
- 1/3 tsp Ginger
- 1/4 Jalapeno Pepper
- 1 tsp Parsley
- 1/4 Red Bell Pepper
- 57 grams Roasted Red Peppers
- 1/3 cup Shiitake Mushrooms
- 2 Sweet Potato
- 1/4 Yellow Onion

## BOXED & CANNED

- 1/2 cup Basmati Rice
- 1/2 cup Black Beans
- 170 grams Chickpea Pasta
- 1/2 cup Chickpeas
- 1/2 cup Crushed Tomatoes
- 1/2 cup Diced Tomatoes
- 3/4 cup Jasmine Rice
- 3/4 cup Marinara Sauce
- 1/2 cup Quinoa
- 1/2 cup Red Kidney Beans
- 1/2 can Tuna

## BAKING

- 1/2 tsp Coconut Sugar
- 3 1/2 tps Nutritional Yeast

## BREAD, FISH, MEAT & CHEESE

- 2 slices Bread
- 113 grams Chicken Breast
- 227 grams Chicken Thighs
- 1 Cod Fillet
- 113 grams Extra Lean Ground Turkey
- 85 grams Salmon Fillet
- 227 grams Turkey Breast

## CONDIMENTS & OILS

- 1 1/2 tps Coconut Oil
- 2 1/8 tps Extra Virgin Olive Oil
- 2 1/2 tps Pesto
- 1 1/8 tps Rice Vinegar
- 1 1/2 tps Tamari

## COLD

- 5 cups Plain Coconut Milk
- 1 1/2 tps Plain Greek Yogurt
- 2 tps Soy Milk
- 3 cups Unsweetened Almond Milk

## OTHER

- 1 3/4 cups Vanilla Protein Powder



# 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.

# Orange Matcha Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 2 cups Plain Coconut Milk (from the carton)
- 2 Navel Orange (peeled)
- 1 cup Frozen Banana
- 1/2 cup Vanilla Protein Powder
- 2 tsps Green Tea Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	333	Cholesterol	4mg
Fat	6g	Sodium	76mg
Carbs	52g	Vitamin A	917IU
Fiber	7g	Vitamin C	93mg
Sugar	33g	Calcium	641mg
Protein	21g	Iron	1mg

## 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.

### SERVING SIZE

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

### NO COCONUT MILK

Use cow's milk or any other alternative milk.

### ADDITIONAL TOPPINGS

Add spinach or kale before blending.

# Mango Lime Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Mango  
2 cups Frozen Cauliflower  
2 Lime (large, zest and juice)  
1/2 cup Vanilla Protein Powder  
3 cups Plain Coconut Milk (unsweetened, from the carton)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	4mg
Fat	9g	Sodium	127mg
Carbs	47g	Vitamin A	2574IU
Fiber	8g	Vitamin C	130mg
Sugar	36g	Calcium	845mg
Protein	23g	Iron	2mg

## DIRECTIONS

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

## NOTES

### ADDITIONAL TOPPINGS

Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

### NO COCONUT MILK

Use almond or oat milk.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

# Chickpea, Tuna & Roasted Red Pepper Sandwich

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Chickpeas (cooked, rinsed)  
1/2 can Tuna (drained)  
1/4 stalk Celery (finely chopped)  
1 tbsp Parsley (chopped)  
1 1/2 tsps Plain Greek Yogurt  
3/4 tsp Lemon Juice  
Sea Salt & Black Pepper (to taste)  
57 grams Roasted Red Peppers  
2 slices Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	379	Cholesterol	31mg
Fat	8g	Sodium	640mg
Carbs	50g	Vitamin A	1229IU
Fiber	9g	Vitamin C	25mg
Sugar	11g	Calcium	109mg
Protein	28g	Iron	4mg

## DIRECTIONS

- 01 In a bowl, lightly smash the chickpeas with the back of a fork. Mix in the tuna, celery, parsley, yogurt, lemon juice, salt, and pepper. Adjust the seasoning to your taste.
- 02 Assemble the sandwich by placing roasted red peppers on a slice of toast. Spoon the tuna mixture on top, and close the sandwich. Repeat for any remaining slices of toast.
- 03 Slice the sandwiches in half and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Refrigerate the chickpea mixture in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to one sandwich.

### MORE FLAVOR

Add red onion and cucumber.

### GLUTEN-FREE

Use gluten-free bread.

### DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

### CANNED TUNA

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

# Pesto Chicken Stuffed Sweet Potatoes

2 SERVINGS 1 HOUR



## INGREDIENTS

2 tbsps Cashews  
2 Sweet Potato (small)  
113 grams Chicken Breast  
1/2 cup Baby Spinach  
2 2/3 tbsps Basil Leaves  
1/2 Garlic (clove, minced)  
1/2 tsp Extra Virgin Olive Oil  
1/2 tsp Sea Salt  
2 tbsps Nutritional Yeast

## NUTRITION

### AMOUNT PER SERVING

Calories	277	Cholesterol	41mg
Fat	7g	Sodium	720mg
Carbs	33g	Vitamin A	19350...
Fiber	6g	Vitamin C	6mg
Sugar	6g	Calcium	66mg
Protein	21g	Iron	3mg

## DIRECTIONS

- 01 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the potatoes.
- 02 Preheat the oven to 400°F (204°C). Place the sweet potatoes and chicken on a baking sheet. Cook for 40 to 45 minutes, or until cooked through.
- 03 While the potatoes and chicken cook, make your pesto. Drain the cashews and place them into a blender or food processor along with the spinach, basil, garlic, olive oil, sea salt and nutritional yeast. Blend until smooth.
- 04 Once the chicken and sweet potatoes are cooked through, remove from the oven and place the chicken into a small bowl. With two forks, shred the chicken until completely pulled. Add the pesto to the chicken and mix together until evenly combined.
- 05 Stuff each sweet potato with the shredded chicken. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals one stuffed sweet potato.

# Cod, Cauliflower Steaks & Rice

2 SERVINGS 35 MINUTES



## INGREDIENTS

- 1/2 cup Basmati Rice (uncooked)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Fresh Dill (chopped)
- 1/2 tsp Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (medium, cut into 3/4-inch slices)
- 1 Cod Fillet (cut in half)

## NUTRITION

### AMOUNT PER SERVING

Calories	374	Cholesterol	50mg
Fat	8g	Sodium	402mg
Carbs	48g	Vitamin A	340IU
Fiber	4g	Vitamin C	72mg
Sugar	3g	Calcium	53mg
Protein	28g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package instructions.
- 03 In a small bowl, whisk together the oil, dill, paprika, garlic powder, and salt. Brush the mixture evenly onto the cauliflower and cod fillets.
- 04 Arrange the cauliflower steaks onto the baking sheet and bake for 20 minutes. Remove, then add the cod to the center of the baking sheet and bake for an additional 12 minutes, or until the fish flakes with a fork.
- 05 Divide the cod, rice, and cauliflower steaks evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### FILLET SIZE

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

# Tomato & Mushroom Chickpea Pasta

2 SERVINGS 15 MINUTES



## INGREDIENTS

170 grams Chickpea Pasta (uncooked)  
1 tsp Extra Virgin Olive Oil  
5 Cremini Mushrooms (sliced)  
Sea Salt & Black Pepper (to taste)  
3/4 cup Marinara Sauce  
2 tbsps Soy Milk  
1 1/2 tbsps Nutritional Yeast  
1/8 tsp Chili Flakes (optional)  
1 1/2 tbsps Basil Leaves

## NUTRITION

### AMOUNT PER SERVING

Calories	390	Cholesterol	0mg
Fat	10g	Sodium	320mg
Carbs	55g	Vitamin A	405IU
Fiber	15g	Vitamin C	10mg
Sugar	11g	Calcium	102mg
Protein	27g	Iron	10mg

## DIRECTIONS

- 01 Cook the pasta according to the package instructions. Drain and set aside.
- 02 Meanwhile, add the oil to a large skillet over medium-low heat. Once warm, add the mushrooms and cook until softened and the water has released. Season with salt and pepper.
- 03 Reduce the heat to low and add the cooked pasta to the skillet with the mushrooms. Add the sauce, milk, and nutritional yeast. Stir until well combined. Add the chili flakes and basil.
- 04 Divide evenly between bowls and season with salt and pepper if needed. 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.

### NO SOY MILK

Use any type of milk.

# 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.



# Cajun Turkey with Green Beans & Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (dry)  
227 grams Turkey Breast  
1 1/2 tps Coconut Oil (divided)  
1 tbs Cajun Spice  
4 cups Frozen Green Beans (thawed)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	395	Cholesterol	60mg
Fat	6g	Sodium	417mg
Carbs	55g	Vitamin A	1149IU
Fiber	9g	Vitamin C	11mg
Sugar	5g	Calcium	124mg
Protein	33g	Iron	3mg

## DIRECTIONS

- 01 Cook the rice according to the instructions on the package and set aside.
- 02 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 03 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 04 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

## NOTES

### NO RICE

Use quinoa or roasted potatoes instead.

### STORAGE

Store in an airtight container in the fridge up to 3 days.

### LOW CARB

Use cauliflower rice instead of jasmine rice.

### NO TURKEY BREAD

Use chicken breast or ground meat instead.

### REHEATING LEFTOVERS

Saute in a skillet until warmed through.

### VEGAN & VEGETARIAN

Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.

# Turkey Chili

2 SERVINGS 40 MINUTES



## INGREDIENTS

3/4 tsp Extra Virgin Olive Oil  
113 grams Extra Lean Ground Turkey  
1/4 Yellow Onion (chopped)  
1/2 cup Diced Tomatoes  
1/2 cup Crushed Tomatoes  
1/2 cup Black Beans (cooked, rinsed)  
1/2 cup Red Kidney Beans (cooked, rinsed)  
1/2 Carrot (chopped)  
1 1/4 stalks Celery (chopped)  
1/4 Red Bell Pepper (chopped)  
1/4 Jalapeno Pepper (chopped)  
2 1/4 tsps Chili Powder  
1/4 tsp Cumin  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	266	Cholesterol	42mg
Fat	7g	Sodium	577mg
Carbs	31g	Vitamin A	4462IU
Fiber	12g	Vitamin C	35mg
Sugar	7g	Calcium	114mg
Protein	20g	Iron	5mg

## DIRECTIONS

- 01 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 02 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 03 Divide into bowls, serve 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 is equal to approximately two cups of chili.

### MORE FLAVOR

Add a pinch of cayenne.

### ADDITIONAL TOPPINGS

Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

### MORE VEGGIES

Add sliced mushrooms, sliced kale, or baby spinach.

# Sesame Ginger Salmon with Veggies & Rice

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Jasmine Rice (uncooked)  
1 1/8 tsps Extra Virgin Olive Oil  
1 1/8 tsps Rice Vinegar  
1/2 tsp Coconut Sugar  
1 1/2 tsps Tamari  
1/3 tsp Ginger (minced)  
85 grams Salmon Fillet  
1/3 cup Shiitake Mushrooms (stems removed)  
1 cup Bok Choy (baby, halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	367	Cholesterol	43mg
Fat	9g	Sodium	617mg
Carbs	49g	Vitamin A	3265IU
Fiber	3g	Vitamin C	32mg
Sugar	5g	Calcium	85mg
Protein	25g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with aluminum foil and place a wire rack over top.
- 02 Cook the rice according to the directions on the package
- 03 In a small bowl, whisk the oil, rice vinegar, coconut sugar, tamari, and ginger.
- 04 Place the salmon skin side down on the baking sheet along with the mushrooms and bok choy. Pour the oil mixture over top of the salmon and the veggies.
- 05 Cook in the oven for 10 minutes, or until the salmon is nearly done. This will depend on the thickness of your salmon. Turn the oven to broil and cook for about three minutes more, until cooked through and slightly charred. Divide onto plates along with the cooked rice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add sriracha or chili flakes to the marinade.

### ADDITIONAL TOPPINGS

Top with sesame seeds.

### NO WIRE RACK

Line the baking sheet with parchment paper instead.