



EXERCISE
with Style

21-Day Balanced 1400 Calorie
Meal Plan Week 3 PDF

Brenda Peralta, RDN, CDE
<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats	 0.5 Grilled Peanut Butter & Banana Sandwich	 Grilled Peanut Butter & Banana Sandwich	 Banana Cherry Smoothie	 Banana Cherry Smoothie
Snack 1	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 Egg & Apple Snack Plate	 Egg & Apple Snack Plate	 Egg & Apple Snack Plate	 Egg & Apple Snack Plate
Lunch	 Chickpea Stir Fry	 Pressure Cooker Mexican Quinoa & Black Beans	 Sole & Asparagus with Brown Rice	 Air Fryer Eggplant Parmesan	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Cheesy Cauliflower & Broccoli Casserole	 Tempeh, Quinoa & Broccoli
Snack 2	 0.5 Chickpea Scramble Box	 0.5 Chickpea Scramble Box	 0.5 Chickpea Scramble Box	 0.5 Chocolate Strawberry Chia Pudding	 0.5 Chocolate Strawberry Chia Pudding	 0.5 Chocolate Strawberry Chia Pudding	 0.5 Chocolate Strawberry Chia Pudding
Dinner	 Pressure Cooker Mexican Quinoa & Black Beans	 Sole & Asparagus with Brown Rice	 Air Fryer Eggplant Parmesan	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Cheesy Cauliflower & Broccoli Casserole	 Tempeh, Quinoa & Broccoli	 Garlic Butter Baked Cod & Mushrooms

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  33%	Fat  35%	Fat  33%	Fat  28%	Fat  28%
Carbs  50%	Carbs  49%	Carbs  47%	Carbs  47%	Carbs  49%	Carbs  49%	Carbs  48%
Protein  16%	Protein  18%	Protein  20%	Protein  18%	Protein  18%	Protein  23%	Protein  24%
Calories 1417	Calories 1439	Calories 1438	Calories 1378	Calories 1433	Calories 1351	Calories 1435
Fat 56g	Fat 56g	Fat 55g	Fat 53g	Fat 53g	Fat 44g	Fat 46g
Carbs 185g	Carbs 183g	Carbs 174g	Carbs 163g	Carbs 178g	Carbs 175g	Carbs 178g
Fiber 49g	Fiber 41g	Fiber 32g	Fiber 29g	Fiber 37g	Fiber 36g	Fiber 27g
Sugar 37g	Sugar 30g	Sugar 36g	Sugar 45g	Sugar 52g	Sugar 74g	Sugar 67g
Protein 61g	Protein 67g	Protein 74g	Protein 63g	Protein 67g	Protein 81g	Protein 89g
Cholesterol 35mg	Cholesterol 86mg	Cholesterol 190mg	Cholesterol 330mg	Cholesterol 226mg	Cholesterol 187mg	Cholesterol 260mg
Sodium 2694mg	Sodium 1616mg	Sodium 1639mg	Sodium 1893mg	Sodium 1896mg	Sodium 1115mg	Sodium 759mg
Vitamin A 12073IU	Vitamin A 5802IU	Vitamin A 5464IU	Vitamin A 2061IU	Vitamin A 9468IU	Vitamin A 11238IU	Vitamin A 3509IU
Vitamin C 117mg	Vitamin C 66mg	Vitamin C 57mg	Vitamin C 51mg	Vitamin C 211mg	Vitamin C 290mg	Vitamin C 128mg
Calcium 892mg	Calcium 810mg	Calcium 1133mg	Calcium 1129mg	Calcium 919mg	Calcium 1375mg	Calcium 1266mg
Iron 17mg	Iron 16mg	Iron 14mg	Iron 11mg	Iron 15mg	Iron 16mg	Iron 12mg

Fruits

- 4 Apple
- 1 Avocado
- 1 Banana
- 1/4 Lemon
- 1/4 Lime
- 1/4 Seedless Watermelon
- 1 cup Strawberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 3/4 cup Coffee

Seeds, Nuts & Spices

- 1/4 cup Cashews
- 1/2 cup Chia Seeds
- 1 tsp Chili Powder
- 1 1/4 tps Cumin
- 1/2 tsp Garlic Powder
- 1 1/16 tps Italian Seasoning
- 1/8 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1/8 tsp Turmeric

Frozen

- 1 cup Frozen Banana
- 2 cups Frozen Cherries

Vegetables

- 2 cups Asparagus
- 1 cup Baby Spinach
- 4 2/3 cups Broccoli
- 1 cup Butternut Squash
- 2/3 Carrot
- 1/2 head Cauliflower
- 2/3 stalk Celery
- 5 Cremini Mushrooms
- 2/3 Eggplant
- 2 3/4 Garlic
- 2 tbsps Mint Leaves
- 2 1/2 tbsps Parsley
- 2 2/3 tbsps Red Onion
- 1 tsp Thyme
- 1 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 3/4 cup Black Beans
- 1/2 cup Bread Crumbs
- 3/4 cup Brown Rice
- 1 1/8 cups Chickpeas
- 1/2 cup Diced Tomatoes
- 1/3 cup Marinara Sauce
- 1 cup Quinoa
- 57 grams Seed Crackers
- 3/4 cup Vegetable Broth

Baking

- 3 tbsps Cacao Nibs
- 3 tbsps Cocoa Powder
- 1/4 cup Nutritional Yeast
- 1 1/2 cups Oats
- 38 grams Unbleached All Purpose Flour

Bread, Fish, Meat & Cheese

- 1/2 Cod Fillet
- 3/4 cup Feta Cheese
- 85 grams Mozzarella Ball
- 85 grams Mozzarella Cheese
- 2 pieces Naan
- 2 2/3 tbsps Parmigiano Reggiano
- 227 grams Sole Fillet
- 170 grams Tempeh
- 4 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 2 tps Avocado Oil
- 1 gram Avocado Oil Spray
- 2 2/3 tbsps Balsamic Vinegar
- 1/4 cup Black Olives
- 2 tps Coconut Oil
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tbsps Sun Dried Tomato Pesto
- 1 1/3 tbsps Tamari

Cold

- 2 1/4 tps Butter
- 4 2/3 Egg
- 3 1/2 cups Plain Coconut Milk
- 1 1/2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 2/3 cup Chocolate Protein Powder
- 40 grams Collagen Powder
- 1 2/3 cups Water



Mocha Overnight Protein Oats

3 servings

8 hours

Ingredients

1 1/2 cups Oats (rolled)
3 tbsps Chia Seeds
3 tbsps Cocoa Powder
1/3 cup Chocolate Protein Powder
1 1/2 cups Unsweetened Almond Milk
3/4 cup Coffee (brewed and chilled)
3 tbsps Cacao Nibs

Nutrition

Amount per serving	
Calories	325
Fat	12g
Carbs	40g
Fiber	13g
Sugar	0g
Protein	19g
Cholesterol	2mg
Sodium	106mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	393mg
Iron	4mg

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Grilled Peanut Butter & Banana Sandwich

2 servings
10 minutes

Ingredients

- 4 slices Whole Grain Bread
- 2 tbsps All Natural Peanut Butter
- 1 Banana (sliced)
- 2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	408
Fat	16g
Carbs	53g
Fiber	9g
Sugar	14g
Protein	15g
Cholesterol	0mg
Sodium	318mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	95mg
Iron	2mg

Directions

- 1 Onto each slice of bread, spread on the peanut butter. Top one slice of bread with the banana. Top with remaining slice of bread.
- 2 In a pan, heat coconut oil on medium-high heat. Add in sandwich and cook for two to three minutes per side, or until golden brown.
- 3 Slice the sandwich in half, and enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Serving Size: One serving is equal to one sandwich.

Gluten-Free: Substitute whole grain bread for gluten-free bread.

More Flavor: Add in a layer of chia jam for a classic peanut butter and jam twist.



Banana Cherry Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Plain Coconut Milk (unsweetened from the carton)
- 2 cups Frozen Cherries
- 1 cup Frozen Banana
- 40 grams Collagen Powder
- 2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g
Cholesterol	0mg
Sodium	89mg
Vitamin A	2045IU
Vitamin C	12mg
Calcium	677mg
Iron	3mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Watermelon & Feta Skewers

3 servings

15 minutes

Ingredients

- 1/4 Seedless Watermelon (medium, cut into cubes)
- 2 tbsps Mint Leaves
- 3/4 cup Feta Cheese (cubed)

Nutrition

Amount per serving	
Calories	213
Fat	9g
Carbs	30g
Fiber	2g
Sugar	23g
Protein	8g
Cholesterol	33mg
Sodium	431mg
Vitamin A	2346IU
Vitamin C	31mg
Calcium	214mg
Iron	1mg

Directions

- 1 Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately four toothpicks.

More Flavor: Drizzle balsamic glaze ovetop.

Additional Toppings: Add cucumber slices.



Egg & Apple Snack Plate

4 servings
15 minutes

Ingredients

- 4 Egg
- 4 Apple (sliced)
- 1 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	194
Fat	7g
Carbs	28g
Fiber	5g
Sugar	19g
Protein	7g
Cholesterol	186mg
Sodium	85mg
Vitamin A	368IU
Vitamin C	8mg
Calcium	164mg
Iron	1mg

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

Notes

Leftovers: Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

More Flavor: Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

No Apple: Use berries, banana, or pear instead.

No Coconut Yogurt: Use Greek yogurt instead.

Meal Prep: Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.



Chickpea Stir Fry

1 serving
25 minutes

Ingredients

- 2 tsps Avocado Oil
- 2/3 cup Chickpeas (cooked and rinsed)
- 2/3 Carrot (peeled, chopped)
- 2 2/3 tsps Red Onion (chopped)
- 2/3 stalk Celery (chopped)
- 2/3 cup Broccoli (florets, chopped)
- 1/3 cup Water
- 1 1/3 tsps Tamari
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	345
Fat	14g
Carbs	43g
Fiber	12g
Sugar	10g
Protein	15g
Cholesterol	0mg
Sodium	1421mg
Vitamin A	7322IU
Vitamin C	61mg
Calcium	154mg
Iron	5mg

Directions

- 1 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 2 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 3 Divide between plates, sprinkle sesame seeds on top, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.



Chickpea Scramble Box

2 servings

15 minutes

Ingredients

2 tbsps Water
1/2 cup Chickpeas (cooked)
1/8 tsp Turmeric
1/4 tsp Cumin
1/8 tsp Sea Salt (to taste)
1 cup Baby Spinach (large leaves torn)
57 grams Seed Crackers
1 Tomato (medium, sliced)

Nutrition

Amount per serving	
Calories	207
Fat	6g
Carbs	32g
Fiber	9g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	352mg
Vitamin A	2251IU
Vitamin C	14mg
Calcium	105mg
Iron	3mg

Directions

- 1 Heat the water in a pan over medium heat. Add the chickpeas, turmeric, cumin, and salt. Mash the chickpeas with the back of a fork.
- 2 Stir in the spinach until wilted and add more salt if needed. Serve alongside the crackers and tomato. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1/4 cup of chickpea scramble, one ounce of seed crackers, and half a tomato.

More Flavor: Add garlic, onions, red pepper flakes, or lime juice.

Additional Toppings: Add avocado or cucumber slices.



Chocolate Strawberry Chia Pudding

2 servings
30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

Nutrition

Amount per serving	
Calories	219
Fat	10g
Carbs	20g
Fiber	10g
Sugar	7g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	258IU
Vitamin C	42mg
Calcium	447mg
Iron	2mg

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

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



Pressure Cooker Mexican Quinoa & Black Beans

2 servings
15 minutes

Ingredients

- 3/4 cup Black Beans (cooked, rinsed)
- 2/3 cup Vegetable Broth
- 1/2 cup Quinoa (uncooked)
- 1/2 cup Diced Tomatoes (from the can, drained)
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/4 Lime (juiced)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	430
Fat	18g
Carbs	56g
Fiber	17g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	560mg
Vitamin A	1029IU
Vitamin C	18mg
Calcium	78mg
Iron	5mg

Directions

- 1 Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
- 3 Divide between bowls and top with diced avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

More Vegetables: Add corn kernels, chopped leafy greens or bell pepper.

Cooking Time: If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.



Sole & Asparagus with Brown Rice

2 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 cup Water
- 2 cups Asparagus (woody ends sliced off)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 227 grams Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	51mg
Sodium	343mg
Vitamin A	1051IU
Vitamin C	10mg
Calcium	72mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.



Air Fryer Eggplant Parmesan

2 servings
35 minutes

Ingredients

2/3 Eggplant (medium, sliced into 1/2-inch slices)
38 grams Unbleached All Purpose Flour
2/3 Egg
1/2 cup Bread Crumbs
2 2/3 tbsps Parmigiano Reggiano (finely grated)
1/3 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1 gram Avocado Oil Spray
1/3 cup Marinara Sauce
85 grams Mozzarella Ball (sliced)
1 1/3 tsps Parsley (chopped fine)

Nutrition

Amount per serving	
Calories	429
Fat	17g
Carbs	47g
Fiber	8g
Sugar	9g
Protein	22g
Cholesterol	104mg
Sodium	583mg
Vitamin A	691IU
Vitamin C	9mg
Calcium	401mg
Iron	3mg

Directions

- 1 Place the eggplant slices on a clean surface and cover them with paper towel. Let them sit for ten minutes.
- 2 Preheat the air fryer to 380°F (195°C).
- 3 Set up your breading station: place the flour in one large bowl. Whisk the egg(s) in a second large bowl and add the bread crumbs, parmesan, and Italian seasoning into a third bowl. Season the bread crumbs with salt and pepper.
- 4 Coat the eggplant in the flour, shaking off any excess, and then in the egg, followed by the bread crumbs. Repeat with the remaining eggplant.
- 5 Transfer the eggplant to the air fryer. Work in batches if needed, ensuring they don't overlap. Spray with avocado oil and cook for 10 minutes, flipping halfway through. Be sure to spray with oil after flipping.
- 6 Add the marinara sauce on top of the slices and top with mozzarella. Return to the air fryer and cook for two to three minutes, or until the cheese has melted. Top with parsley and season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is three slices of eggplant. One eggplant yields approximately nine slices.

Additional Toppings: Chopped basil.

Gluten-Free: Use gluten-free all purpose flour and bread crumbs.

Dairy-Free: Use plant-based cheese shreds.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



Artichoke, Olive & Sun Dried Tomato Pesto Pizza

2 servings
20 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Sun Dried Tomato Pesto
- 85 grams Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 1/4 cup Black Olives (pitted, sliced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	441
Fat	16g
Carbs	51g
Fiber	6g
Sugar	6g
Protein	19g
Cholesterol	39mg
Sodium	1045mg
Vitamin A	854IU
Vitamin C	10mg
Calcium	293mg
Iron	5mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
- 3 Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add mushrooms and bell peppers.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese instead.

No Sun Dried Tomato Pesto: Use regular pesto or tomato sauce instead.

Naan: One piece of naan is 3.2 oz or 90 grams.



Cheesy Cauliflower & Broccoli Casserole

2 servings
1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

- Save Time:** Buy frozen, pre-sliced butternut squash cubes.
- More Carbs:** Serve with brown rice macaroni or quinoa.



Tempeh, Quinoa & Broccoli

2 servings
55 minutes

Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 170 grams Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	493mg
Vitamin A	617IU
Vitamin C	82mg
Calcium	167mg
Iron	5mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Garlic Butter Baked Cod & Mushrooms

1 serving
30 minutes

Ingredients

- 1/4 cup Brown Rice (dry)
- 2 1/4 tsps Butter (unsalted, softened, divided)
- 1/2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 Cod Fillet (cut in half)
- 1 tsp Thyme (fresh)
- 5 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	364
Fat	11g
Carbs	39g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	73mg
Sodium	71mg
Vitamin A	350IU
Vitamin C	5mg
Calcium	34mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Mix 2/3 of the butter with the garlic, salt, and pepper. Divide the mixture evenly between the fillets and place on top. Bake for 15 minutes.
- 4 Meanwhile, heat a pan over medium heat. Add the butter, thyme, and mushrooms and cook for three to five minutes.
- 5 Divide the rice, cod, and mushrooms evenly between plates. Spoon residual butter from the baking dish onto the cod and rice. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use vegan butter or olive oil.

More Flavor: Add lemon zest to the garlic butter.

Additional Toppings: Chopped parsley.

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