












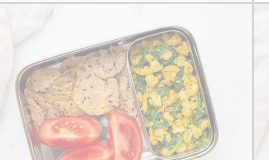
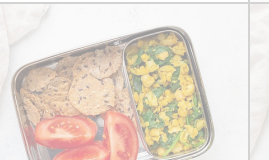
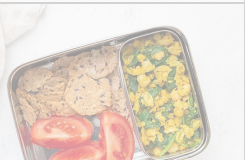



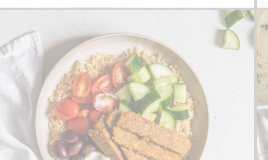

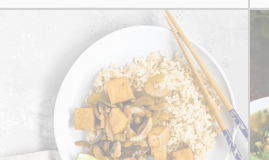

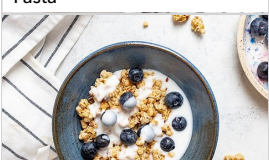
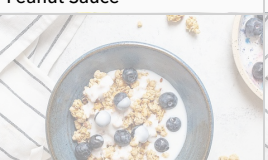
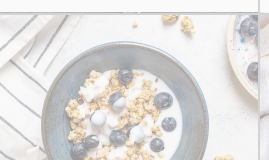
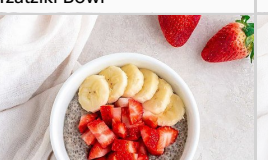

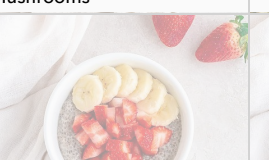
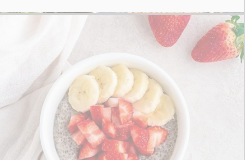
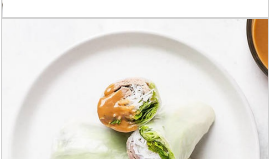
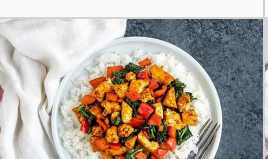
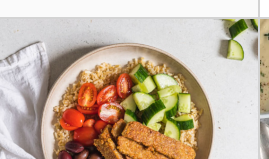
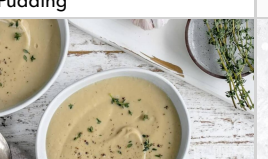
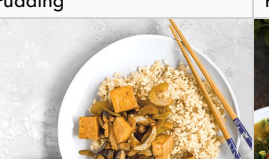

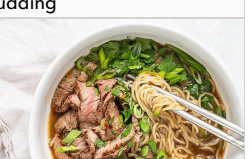























**EXERCISE**  
*with Style*

21-Day Balanced 1600 Calorie  
Meal Plan PDF week 3

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Quinoa Green Smoothie Bowl	 Quinoa Green Smoothie Bowl	 Vanilla Cauliflower Shake	 Vanilla Cauliflower Shake
Snack 1	 Waffle, Egg & Fruit Breakfast Box	 Waffle, Egg & Fruit Breakfast Box	 0.5 Waffle, Egg & Fruit Breakfast Box	 0.5 Chickpea Scramble Box	 Chickpea Scramble Box	 Chickpea Scramble Box	 0.5 Chickpea Scramble Box
Lunch	 Creamy Carrot & Cumin Pasta	 Pork Summer Rolls with Peanut Sauce	 Fajita Spiced Tofu & Rice	 Tempeh, Brown Rice & Tzatziki Bowl	 Pressure Cooker Cauliflower Soup	 Soy Glazed Tofu & Mushrooms	 Lentil Masala Soup
Snack 2	 Kefir & Granola Bowl	 Kefir & Granola Bowl	 Kefir & Granola Bowl	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 0.5 Strawberry Banana Chia Pudding
Dinner	 Pork Summer Rolls with Peanut Sauce	 Fajita Spiced Tofu & Rice	 Tempeh, Brown Rice & Tzatziki Bowl	 Pressure Cooker Cauliflower Soup	 Soy Glazed Tofu & Mushrooms	 Lentil Masala Soup	 Beef Ramen

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 34%	 31%	 34%	 37%	 33%	 32%	 32%
Carbs	 49%	 52%	 49%	 44%	 49%	 48%	 47%
Protein	 17%	 17%	 17%	 19%	 18%	 20%	 21%
Calories	1554	1659	1620	1603	1667	1657	1613
Fat	61g	60g	64g	68g	65g	62g	59g
Carbs	198g	223g	210g	186g	212g	208g	198g
Fiber	32g	27g	24g	43g	51g	53g	41g
Sugar	63g	61g	55g	28g	33g	43g	33g
Protein	70g	72g	72g	79g	78g	86g	86g
Cholesterol	230mg	230mg	103mg	7mg	4mg	6mg	71mg
Sodium	1012mg	1568mg	1231mg	1476mg	2311mg	2734mg	3183mg
Vitamin A	8177IU	6921IU	5990IU	3474IU	4531IU	5859IU	5163IU
Vitamin C	121mg	194mg	150mg	152mg	160mg	152mg	131mg
Calcium	1030mg	1359mg	1405mg	908mg	1129mg	1747mg	1217mg
Iron	14mg	12mg	13mg	18mg	19mg	19mg	16mg

**Fruits**

- 3 Apple
- 1 Avocado
- 5 1/2 Banana
- 3/4 cup Blueberries
- 1 1/2 Lime
- 4 cups Strawberries

**Breakfast**

- 2 1/2 tbsps All Natural Peanut Butter
- 1/3 cup Almond Butter
- 1 tbsp Cashew Butter
- 3/4 cup Granola

**Seeds, Nuts & Spices**

- 1/2 cup Cashews
- 2/3 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 2 1/4 tsps Cinnamon
- 2/3 tsp Cumin
- 1 1/2 tsps Garam Masala
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning
- 2/3 tsp Turmeric

**Frozen**

- 2 cups Frozen Cauliflower
- 135 grams Gluten-Free Waffle
- 12 Ice Cubes

**Vegetables**

- 3 1/2 cups Baby Spinach
- 1/2 Carrot
- 1/2 head Cauliflower
- 2 stalks Celery
- 1/4 cup Cherry Tomatoes
- 3/4 cup Cilantro
- 1/3 Cucumber
- 5 Garlic
- 1/2 tsp Ginger
- 1 stalk Green Onion
- 1/8 head Iceberg Lettuce
- 4 cups Kale Leaves
- 1/2 cup Mint Leaves
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 1/2 cups Shiitake Mushrooms
- 1/2 cup Thai Basil
- 4 grams Thyme Sprigs
- 2 Tomato
- 1/4 Yellow Onion

**Boxed & Canned**

- 1 cup Beef Broth
- 1 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 cup Cannellini Beans
- 57 grams Chickpea Pasta
- 3/4 cup Chickpeas
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Dry Red Lentils
- 92 grams Gluten-Free Ramen Noodles
- 3/4 cup Jasmine Rice
- 1/2 cup Quinoa
- 43 grams Rice Vermicelli Noodles
- 85 grams Seed Crackers
- 4 cups Vegetable Broth

**Baking**

- 2 1/2 tbsps Nutritional Yeast
- 1/3 cup Oats

**Bread, Fish, Meat & Cheese**

- 113 grams Pork Tenderloin
- 170 grams Tempeh
- 450 grams Tofu
- 85 grams Top Sirloin Steak

**Condiments & Oils**

- 1 tbsp Avocado Oil
- 1 tbsp Balsamic Vinaigrette
- 3/4 tsp Coconut Oil
- 2 3/4 tbsps Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 2 tbsps Pitted Kalamata Olives
- 4 Rice Paper Wraps
- 1 tbsp Rice Vinegar
- 2 3/4 tbsps Tamari

**Cold**

- 3 Egg
- 2 cups Plain Coconut Milk
- 1 1/2 cups Plain Kefir
- 2 tbsps Tzatziki
- 5 cups Unsweetened Almond Milk

**Other**

- 1 2/3 cups Vanilla Protein Powder
- 3 1/16 cups Water



## Creamy Apple Pie Smoothie

3 servings

5 minutes

### Ingredients

- 3 Apple (medium, peeled and chopped)
- 1 1/2 Banana (frozen)
- 12 Ice Cubes
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Oats
- 3 tbsps Almond Butter
- 2 1/4 tps Cinnamon (ground)
- 3 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**Apple Type:** For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

**No Almond Milk:** Use any other type of milk instead.

### Nutrition

Amount per serving	
Calories	358
Fat	13g
Carbs	52g
Fiber	11g
Sugar	27g
Protein	16g
Cholesterol	2mg
Sodium	184mg
Vitamin A	641IU
Vitamin C	14mg
Calcium	601mg
Iron	2mg



## Quinoa Green Smoothie Bowl

2 servings  
25 minutes

### Ingredients

1/2 cup Quinoa (dry)  
2 cups Water  
2 cups Kale Leaves (destemmed and chopped)  
1 Banana (sliced)  
1 Lime (juiced)  
1 Avocado (medium)  
1/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	425
Fat	18g
Carbs	53g
Fiber	13g
Sugar	8g
Protein	19g
Cholesterol	2mg
Sodium	45mg
Vitamin A	1212IU
Vitamin C	41mg
Calcium	172mg
Iron	3mg

### Directions

- 1 Cook the quinoa according to the package instructions. Let cool.
- 2 While the quinoa is cooling, add the remaining ingredients to a blender and blend until smooth.
- 3 Add the quinoa to a bowl and pour the smoothie over top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Additional Toppings:** Shredded coconut, kiwi, hemp seeds, and/or chia seeds.

**Make Ahead:** Cook the quinoa ahead of time to save prep time when making the smoothie bowl.



## Vanilla Cauliflower Shake

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
2 cups Frozen Cauliflower  
2 Banana (frozen)  
1/2 cup Vanilla Protein Powder  
2 tbsps Almond Butter  
3 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	434
Fat	18g
Carbs	47g
Fiber	17g
Sugar	17g
Protein	30g
Cholesterol	4mg
Sodium	236mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	771mg
Iron	4mg

### Directions

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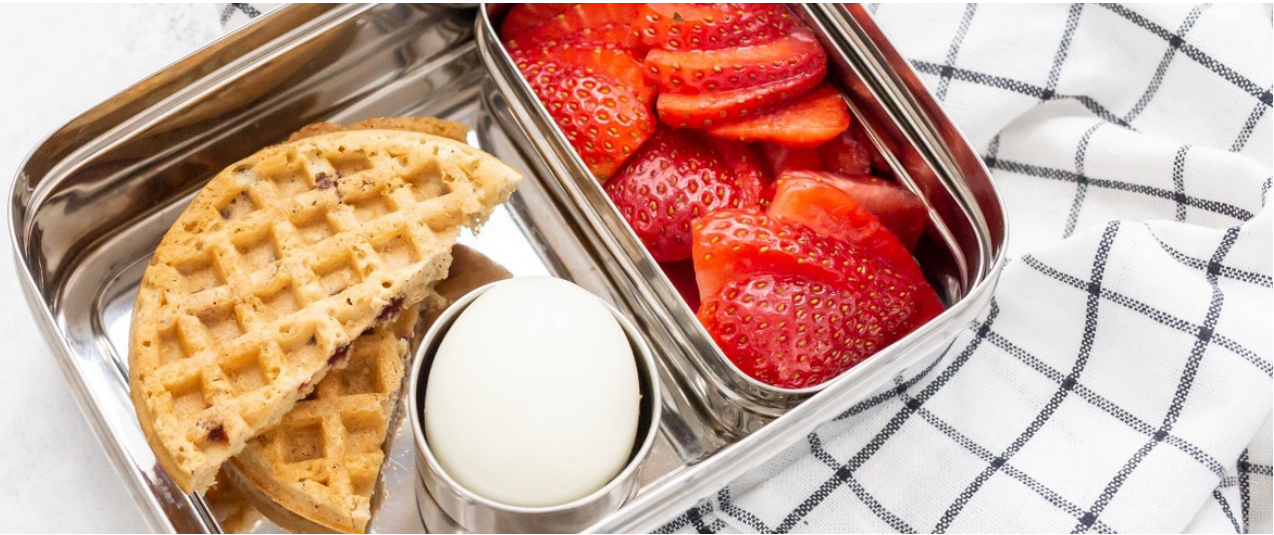
Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is about 1 1/2 cups.

**More Flavor:** Add cinnamon.



## Waffle, Egg & Fruit Breakfast Box

3 servings  
15 minutes

### Ingredients

- 3 Egg
- 135 grams Gluten-Free Waffle (toasted, cut in half)
- 3 cups Strawberries (sliced)

### Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	31g
Fiber	4g
Sugar	8g
Protein	8g
Cholesterol	186mg
Sodium	300mg
Vitamin A	289IU
Vitamin C	85mg
Calcium	69mg
Iron	2mg

### 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 it is cool enough to handle.
- 3 Arrange the waffle, hardboiled egg, and strawberries in a container. Enjoy!

### Notes

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

**Additional Toppings:** Sprinkle hemp seeds over the strawberries. Add almond butter or sunflower seed butter to the waffles. Add walnuts or pumpkin seeds.

**Make it Vegan:** Omit the egg and add nuts or granola instead.

**Gluten-Free Waffle:** One gluten-free waffle is roughly 1 2/3-ounces or 45-grams.





## Chickpea Scramble Box

3 servings  
15 minutes

### Ingredients

- 3 tbsps Water
- 3/4 cup Chickpeas (cooked)
- 1/8 tsp Turmeric
- 1/3 tsp Cumin
- 1/8 tsp Sea Salt (to taste)
- 1 1/2 cups Baby Spinach (large leaves torn)
- 85 grams Seed Crackers
- 1 1/2 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.



## Creamy Carrot & Cumin Pasta

1 serving  
20 minutes

### Ingredients

57 grams Chickpea Pasta (dry)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Carrot (medium, diced)  
1/2 Tomato (large, diced)  
1/2 Garlic (cloves, minced)  
1/4 tsp Cumin (ground)  
Sea Salt & Black Pepper (to taste)  
1/4 cup Water  
1 tbsp Cashew Butter

### Nutrition

Amount per serving	
Calories	368
Fat	18g
Carbs	42g
Fiber	10g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	109mg
Vitamin A	5932IU
Vitamin C	11mg
Calcium	73mg
Iron	7mg

### Directions

- 1 Cook the pasta according to package instructions. Drain and set aside.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Cook the carrots, tomatoes, garlic, cumin, salt and pepper until soft, about eight minutes.
- 3 Add the cooked veggies, water, and cashew butter to a blender. Blend until smooth.
- 4 Divide the pasta and sauce into bowls. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add Italian seasoning, butter, cheese, or nutritional yeast.

**No Chickpea Pasta:** Use lentil, quinoa, brown rice or whole wheat pasta instead.



## Kefir & Granola Bowl

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Plain Kefir
- 3/4 cup Granola
- 3/4 cup Blueberries

### Nutrition

Amount per serving	
Calories	240
Fat	9g
Carbs	30g
Fiber	4g
Sugar	18g
Protein	10g
Cholesterol	5mg
Sodium	94mg
Vitamin A	275IU
Vitamin C	5mg
Calcium	226mg
Iron	1mg

### Directions

- 1 Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

### Notes

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## Strawberry Banana Chia Pudding

4 servings

3 hours

### Ingredients

- 2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Chia Seeds
- 1 cup Strawberries (chopped)
- 1 Banana (sliced)

### Nutrition

Amount per serving	
Calories	233
Fat	10g
Carbs	24g
Fiber	10g
Sugar	9g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	273IU
Vitamin C	24mg
Calcium	443mg
Iron	2mg

### Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

**More Flavor:** Add cinnamon or liquid sweetener of choice.

**Additional Toppings:** Add other fresh berries or chopped fruit.

**More Protein:** Top with a dollop of greek yogurt.

**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.



## Pork Summer Rolls with Peanut Sauce

2 servings  
40 minutes

### Ingredients

113 grams Pork Tenderloin  
43 grams Rice Vermicelli Noodles  
2 1/2 tbsps All Natural Peanut Butter  
1 1/2 tpsps Tamari  
2 tbsps Water (hot)  
1 tbsp Rice Vinegar  
4 Rice Paper Wraps  
1/8 head Iceberg Lettuce (leaves pulled apart)  
1/4 Cucumber (sliced)  
1/2 cup Thai Basil (stems removed)  
1/2 cup Mint Leaves (stems removed)

### Nutrition

Amount per serving	
Calories	352
Fat	12g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	18g
Cholesterol	37mg
Sodium	325mg
Vitamin A	1040IU
Vitamin C	6mg
Calcium	61mg
Iron	2mg

### Directions

- 1 Boil the pork in a pot of water. Lower the heat to a simmer and boil for 30 minutes or until cooked through. When cool enough to handle, cut into thin slices.
- 2 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 In a bowl, whisk together the peanut butter, tamari, water, and rice vinegar. Adjust to taste as needed.
- 4 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, cucumber, basil, mint, vermicelli, and pork near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 5 Dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving equals approximately two rolls.

**Additional Toppings:** Add bean sprouts, crushed peanuts, cilantro, shrimp, or garlic chives.

**Make it Vegan:** Use tofu instead of pork.

**Hoisin Lover:** Instead of the peanut butter tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

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**No Pork Tenderloin:** Pork loin, shoulder and/or belly can be used instead. Or omit the pork and replace it with shrimp, chicken, or additional vegetables.



## Fajita Spiced Tofu & Rice

2 servings  
20 minutes

### Ingredients

3/4 cup Jasmine Rice  
250 grams Tofu (extra-firm, pressed and crumbled into large pieces)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1 Red Bell Pepper (diced)  
2 cups Baby Spinach (chopped)  
1 tbsp Taco Seasoning  
1 1/2 tsps Tamari

### Nutrition

Amount per serving	
Calories	473
Fat	17g
Carbs	67g
Fiber	5g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	665mg
Vitamin A	4676IU
Vitamin C	84mg
Calcium	402mg
Iron	5mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to 10 minutes or until the tofu is browned. Transfer to a plate and set aside.
- 3 Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 4 Add the taco seasoning and tamari to the pan and stir well.
- 5 To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of the tofu and veggies.

**More Flavor:** Add lime juice, salsa, or hot sauce.

**Additional Toppings:** Avocado, cilantro, or green onion.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Red Bell Pepper:** Use a yellow or orange bell pepper instead.



## Tempeh, Brown Rice & Tzatziki Bowl

2 servings

30 minutes

### Ingredients

1/2 cup Brown Rice (uncooked)  
2 tsps Extra Virgin Olive Oil  
170 grams Tempeh (sliced)  
1 tbsp Balsamic Vinaigrette  
1/4 cup Cherry Tomatoes (halved)  
1/8 Cucumber (medium, quartered and sliced)  
2 tsps Pitted Kalamata Olives  
2 tsps Tzatziki

### Nutrition

Amount per serving	
Calories	431
Fat	20g
Carbs	45g
Fiber	2g
Sugar	2g
Protein	22g
Cholesterol	3mg
Sodium	138mg
Vitamin A	253IU
Vitamin C	4mg
Calcium	141mg
Iron	4mg

### Directions

- 1 Cook the rice according to package instructions.
- 2 Heat the oil in a pan over medium-high heat. Add the tempeh and cook until golden, about four minutes per side. Remove from heat.
- 3 Divide the rice evenly between bowls. Top with balsamic vinaigrette. Evenly divide the tempeh, tomatoes, cucumber, olives, and tzatziki on top of the rice. Enjoy!

### Notes

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

**More Flavor:** Add hummus and pickled onions.

**Make it Vegan:** Swap tzatziki out for hummus.





## Pressure Cooker Cauliflower Soup

2 servings  
25 minutes

### Ingredients

- 1/4 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth
- 1 cup Cannellini Beans (drained, rinsed)
- 1/2 cup Cashews (raw)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 1/2 tbsps Nutritional Yeast
- 4 grams Thyme Sprigs

### Nutrition

Amount per serving	
Calories	410
Fat	17g
Carbs	48g
Fiber	13g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	1076mg
Vitamin A	610IU
Vitamin C	76mg
Calcium	99mg
Iron	7mg

### Directions

- 1 Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
- 2 Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
- 3 Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 4 Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add bay leaves and rosemary to the pressure cooker.

**Additional Toppings:** Squeeze lemon juice and/or add lemon zest on top.



## Soy Glazed Tofu & Mushrooms

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 1 tbsp Avocado Oil
- 200 grams Tofu (extra-firm, pressed and cubed)
- 1 1/2 cups Shiitake Mushrooms (stem removed, torn)
- 2 stalks Celery (thinly sliced on a diagonal)
- 1/2 tsp Ginger (fresh, grated or minced)
- 1 1/2 tbsps Tamari
- 1/4 tsp Chili Flakes (optional)
- 1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	392
Fat	14g
Carbs	55g
Fiber	6g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	797mg
Vitamin A	185IU
Vitamin C	5mg
Calcium	310mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Remove the tofu, leaving the oil in the pan and set aside.
- 3 Add the mushrooms to the skillet and cook over medium heat for four minutes, undisturbed to brown the mushrooms. Then toss and continue cooking for two to three minutes, stirring often.
- 4 Add the tofu back into the skillet with the mushrooms along with the celery, ginger, and tamari and stir to combine. Continue cooking over medium heat, stirring often until the celery has softened a little, about two minutes. Add the chili flakes if using and stir.
- 5 Divide the rice onto plates and top with the tofu and mushroom mixture. Drizzle with lime juice. Enjoy!

### Notes

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

**More Flavor:** Add minced garlic and/or sesame oil.

**Additional Toppings:** Cilantro, green onion, and/or hot sauce.

**No Shiitake Mushrooms:** Use another mushroom such as king oyster, cremini, or white button.



## Lentil Masala Soup

2 servings  
30 minutes

### Ingredients

3/4 tsp Coconut Oil  
1/4 cup Red Onion (finely diced)  
2 Garlic (cloves, minced)  
1/2 tsp Turmeric  
1 1/2 tsps Garam Masala  
1/2 tsp Sea Salt  
1/2 cup Cilantro (finely diced)  
2 cups Vegetable Broth  
1 1/2 cups Diced Tomatoes  
1/2 cup Dry Red Lentils  
1/2 cup Canned Coconut Milk (full fat)  
2 cups Kale Leaves (finely sliced)

### Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	1308mg
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to two months.

**Additional Toppings:** Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



## Beef Ramen

1 serving  
25 minutes

### Ingredients

1/2 tsp Extra Virgin Olive Oil (divided)  
85 grams Top Sirloin Steak  
1/8 tsp Sea Salt (to taste)  
1 stalk Green Onion (sliced, white and green parts divided)  
1/2 Garlic (cloves, minced)  
1 cup Beef Broth  
1/2 cup Water  
3/4 tsp Fish Sauce  
3/4 tsp Tamari  
92 grams Gluten-Free Ramen Noodles (dry)  
1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	568
Fat	19g
Carbs	73g
Fiber	3g
Sugar	1g
Protein	28g
Cholesterol	66mg
Sodium	1442mg
Vitamin A	751IU
Vitamin C	3mg
Calcium	54mg
Iron	3mg

### Directions

- 1 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 2 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 3 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 4 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

**Serving Size:** One serving equals approximately three cups.

**More Flavor:** Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

**Additional Toppings:** Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

**No Ramen Noodles:** Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.