














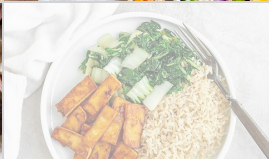






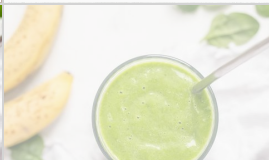
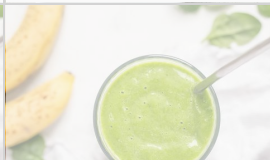




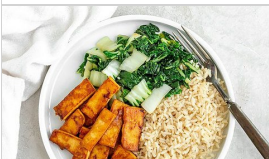



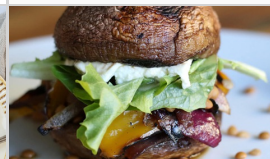



























EXERCISE
with Style

**30-Day Balanced 1300 Calorie
Meal Plan PDF (Week 2)**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge	 Apple Cinnamon Toast	 Apple Cinnamon Toast	 Banana & Nut Chia Oats	 Banana & Nut Chia Oats
Snack 1	 0.5 Rainbow Veggie Pinwheels	 0.5 Rainbow Veggie Pinwheels	 0.5 Rainbow Veggie Pinwheels	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots
Lunch	 Cheesy Cauliflower & Broccoli Casserole	 Orange Sesame Tofu with Greens & Rice	 Red Lentil Dahl	 Sun Dried Tomato Pesto Pasta	 Kale & Millet Egg Bake	 Portobello Veggie Burgers with Goat Cheese	 Tofu & Veggie Stir Fry
Snack 2	 Post Workout Green Smoothie	 0.5 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Banana & Chocolate Chip Oatmeal Cups	 Banana & Chocolate Chip Oatmeal Cups	 Banana & Chocolate Chip Oatmeal Cups	 Banana & Chocolate Chip Oatmeal Cups
Dinner	 Orange Sesame Tofu with Greens & Rice	 Red Lentil Dahl	 Sun Dried Tomato Pesto Pasta	 Kale & Millet Egg Bake	 Portobello Veggie Burgers with Goat Cheese	 Tofu & Veggie Stir Fry	 Lebanese Stuffed Onions

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  31%	Fat  28%	Fat  29%	Fat  32%	Fat  30%	Fat  31%
Carbs  45%	Carbs  48%	Carbs  49%	Carbs  52%	Carbs  50%	Carbs  50%	Carbs  50%
Protein  22%	Protein  21%	Protein  23%	Protein  19%	Protein  18%	Protein  20%	Protein  19%
Calories 1289	Calories 1349	Calories 1351	Calories 1333	Calories 1384	Calories 1327	Calories 1322
Fat 50g	Fat 49g	Fat 44g	Fat 45g	Fat 51g	Fat 46g	Fat 47g
Carbs 154g	Carbs 169g	Carbs 175g	Carbs 179g	Carbs 179g	Carbs 173g	Carbs 169g
Fiber 32g	Fiber 30g	Fiber 40g	Fiber 30g	Fiber 32g	Fiber 30g	Fiber 22g
Sugar 38g	Sugar 30g	Sugar 34g	Sugar 54g	Sugar 55g	Sugar 59g	Sugar 60g
Protein 75g	Protein 72g	Protein 82g	Protein 64g	Protein 65g	Protein 71g	Protein 66g
Cholesterol 6mg	Cholesterol 5mg	Cholesterol 14mg	Cholesterol 416mg	Cholesterol 418mg	Cholesterol 244mg	Cholesterol 284mg
Sodium 1851mg	Sodium 2124mg	Sodium 1595mg	Sodium 1211mg	Sodium 1087mg	Sodium 1615mg	Sodium 1509mg
Vitamin A 19835IU	Vitamin A 10819IU	Vitamin A 7035IU	Vitamin A 3648IU	Vitamin A 2907IU	Vitamin A 15308IU	Vitamin A 15702IU
Vitamin C 347mg	Vitamin C 177mg	Vitamin C 100mg	Vitamin C 77mg	Vitamin C 270mg	Vitamin C 296mg	Vitamin C 123mg
Calcium 1336mg	Calcium 1194mg	Calcium 977mg	Calcium 556mg	Calcium 482mg	Calcium 1272mg	Calcium 1249mg
Iron 14mg	Iron 15mg	Iron 18mg	Iron 16mg	Iron 14mg	Iron 15mg	Iron 13mg

Fruits

- 1 Apple
- 3/4 Avocado
- 4 2/3 Banana
- 1/4 Lemon
- 2 1/4 tsps Lime Juice

Breakfast

- 3 2/3 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Cashews
- 2 tbsps Chia Seeds
- 1 1/4 tbsps Cinnamon
- 3/4 tsp Cumin
- 2 1/4 tsps Curry Powder
- 1/3 tsp Garlic Powder
- 3/4 tsp Lebanese Seven Spice Blend
- 1/3 tsp Onion Powder
- 1/16 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds

Vegetables

- 3 1/2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 6 1/2 cups Bok Choy
- 1 cup Broccoli
- 1/2 cup Butternut Squash
- 2 Carrot
- 1/4 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 cup Coleslaw Mix
- 4 1/2 Garlic
- 1 2/3 tbsps Ginger
- 1/2 Green Bell Pepper
- 2/3 cup Kale Leaves
- 1 cup Mixed Greens
- 1/3 Orange Bell Pepper
- 2 1/4 tsps Parsley
- 340 grams Portobello Mushroom Caps
- 1/2 Red Bell Pepper
- 2 1/4 cups Red Onion
- 1/4 White Onion
- 1 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 2 tbsps Basmati Rice
- 1 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 142 grams Chickpea Pasta
- 3/4 cup Dry Red Lentils
- 1 cup Lentils
- 1/2 cup Millet
- 2 1/16 cups Vegetable Broth

Baking

- 1/3 tsp Baking Powder
- 1/2 tsp Blackstrap Molasses
- 1 3/4 tbsps Dark Chocolate Chips
- 2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1/2 cup Goat Cheese
- 71 grams Lean Ground Beef
- 2 tbsps Parmigiano Reggiano
- 441 grams Tofu
- 4 slices Whole Grain Bread
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 1/8 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 2 tbsps Sun Dried Tomato Pesto
- 3 1/2 tbsps Tamari
- 1/2 cup Tomato Sauce

Cold

- 2 2/3 tbsps Cottage Cheese
- 2 2/3 tbsps Cow's Milk, Whole
- 6 2/3 Egg
- 1 1/2 cups Egg Whites
- 1/2 cup Orange Juice
- 2 2/3 tbsps Plain Coconut Milk
- 1 1/2 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

Other

- 1 cup Dried Apricots
- 1/2 cup Vanilla Protein Powder
- 3 3/4 cups Water

- 1 2/3 cups Oats
- 1 1/4 tsp Tapioca Flour
- 1 1/3 tsp Vanilla Extract



Peanut Butter & Banana Protein Porridge

3 servings
10 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3/4 cup Oats (rolled)
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 tsp Cinnamon
- 1 1/2 Banana (mashed)

Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g
Cholesterol	0mg
Sodium	367mg
Vitamin A	545IU
Vitamin C	5mg
Calcium	507mg
Iron	2mg

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.



Apple Cinnamon Toast

2 servings

5 minutes

Ingredients

3 tbsps Almond Butter
4 slices Whole Grain Bread (toasted)
1 Apple (sliced)
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	411
Fat	17g
Carbs	53g
Fiber	11g
Sugar	16g
Protein	16g
Cholesterol	0mg
Sodium	317mg
Vitamin A	50IU
Vitamin C	4mg
Calcium	174mg
Iron	3mg

Directions

- 1 Spread the almond butter over the bread and top with apple slices and sprinkle with cinnamon. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made.

Gluten-Free: Use gluten-free bread.

Nut-Free: Use tahini or sunflower seed butter.

Additional Toppings: Chopped dates, maple syrup, sliced almonds, shredded coconut, or hemp seeds.



Banana & Nut Chia Oats

2 servings

8 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 2 tbsps Oats (rolled)
- 2 tbsps Chia Seeds
- 2 tps All Natural Peanut Butter
- 2 tps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	289
Fat	11g
Carbs	34g
Fiber	7g
Sugar	15g
Protein	16g
Cholesterol	17mg
Sodium	155mg
Vitamin A	912IU
Vitamin C	13mg
Calcium	567mg
Iron	2mg

Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana. Serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days.

Nut-Free: Use a nut-free milk such as oat or soy.

More Flavor: Add a pinch of cinnamon.

No Banana: Use mixed berries instead of banana.

Make it Vegan: Use a vegan yogurt.

Consistency: For a thicker consistency, add more chia seeds.



Rainbow Veggie Pinwheels

2 servings

15 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 2 Whole Wheat Tortilla (large)
- Sea Salt & Black Pepper (to taste)
- 1/2 Green Bell Pepper (small, thinly sliced)
- 1/2 Yellow Bell Pepper (small, thinly sliced)
- 1/2 Carrot (small, thinly sliced)
- 1/2 cup Coleslaw Mix

Nutrition

Amount per serving	
Calories	203
Fat	5g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	11g
Cholesterol	8mg
Sodium	308mg
Vitamin A	3815IU
Vitamin C	123mg
Calcium	248mg
Iron	2mg

Directions

- 1 Spread the yogurt over the tortilla and season generously with salt and pepper. Arrange the green bell pepper, yellow bell pepper, carrot, and coleslaw overtop.
- 2 Tightly roll up the tortilla and cut into slices. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to two days.

Gluten-Free: Use gluten-free tortilla.

Dairy-Free: Use coconut yogurt, hummus, or pesto instead of plain Greek yogurt.

More Flavor: Add your choice of dried herbs or seasonings.

Additional Toppings: Add avocado, shredded chicken, ham, turkey, crumbled tofu, or tempeh.

Serving Size: One serving is equal to one stuffed wrap sliced.



Hard Boiled Eggs with Apricots

4 servings

15 minutes

Ingredients

- 4 Egg
- 1 cup Dried Apricots

Nutrition

Amount per serving	
Calories	150
Fat	5g
Carbs	21g
Fiber	2g
Sugar	18g
Protein	7g
Cholesterol	186mg
Sodium	74mg
Vitamin A	1441IU
Vitamin C	0mg
Calcium	46mg
Iron	2mg

Directions

- 1 Place eggs 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. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!

Notes

Storage: Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

Easier to Peel: Add salt to the water while boiling.



Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 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.



Post Workout Green Smoothie

3 servings

5 minutes

Ingredients

1/3 cup Vanilla Protein Powder
3 cups Water (cold)
3/4 Avocado
1 1/2 Banana (frozen)
3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g
Cholesterol	2mg
Sodium	51mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	119mg
Iron	1mg

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Banana & Chocolate Chip Oatmeal Cups

4 servings
35 minutes

Ingredients

- 2 tsps Coconut Oil (melted, divided)
- 3/4 cup Oats (rolled)
- 1 1/3 tbsps Vanilla Protein Powder
- 1/3 tsp Baking Powder
- 1/3 tsp Cinnamon
- 1/16 tsp Sea Salt
- 2/3 Banana
- 1 1/3 tbsps Maple Syrup
- 1/3 tsp Vanilla Extract
- 2 2/3 tbsps Plain Coconut Milk (refrigerated, from the box)
- 2/3 Egg
- 1 3/4 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	7g
Carbs	25g
Fiber	2g
Sugar	10g
Protein	6g
Cholesterol	31mg
Sodium	108mg
Vitamin A	79IU
Vitamin C	2mg
Calcium	74mg
Iron	1mg

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tray with half the oil or use a silicone muffin tray.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tray and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to one oatmeal cup.

Additional Toppings: Top with sliced banana and almond butter.



Orange Sesame Tofu with Greens & Rice

2 servings
30 minutes

Ingredients

- 1/2 cup Brown Rice
- 1/2 cup Orange Juice
- 1 1/2 tbsps Tamari
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (fresh, grated or minced)
- 200 grams Tofu (extra-firm, cut into thin strips)
- 1 1/2 tsps Coconut Oil
- 4 cups Bok Choy (chopped)
- 1/2 tsp Tapioca Flour

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	48g
Fiber	4g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	852mg
Vitamin A	6379IU
Vitamin C	94mg
Calcium	443mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

Notes

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

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Red Lentil Dahl

2 servings

40 minutes

Ingredients

1/2 cup Red Onion (finely chopped)
2 tbsps Water
1 1/2 Garlic (clove, minced)
1 1/2 tsps Ginger (fresh, minced or grated)
2 1/4 tsps Curry Powder
3/4 tsp Cumin
1/4 tsp Sea Salt
1/8 tsp Red Pepper Flakes
3/4 cup Dry Red Lentils (rinsed)
1 1/4 cups Vegetable Broth
1/2 cup Canned Coconut Milk
1/4 cup Cilantro
2 1/4 tsps Lime Juice

Nutrition

Amount per serving	
Calories	431
Fat	12g
Carbs	61g
Fiber	13g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	725mg
Vitamin A	525IU
Vitamin C	7mg
Calcium	60mg
Iron	7mg

Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of dahl.

More Flavor: Add chili powder, cayenne or a drizzle of honey.

Additional Toppings: Serve with extra cilantro or lime wedges.

Serve it With: Serve with rice, quinoa, naan, pita and/or sautéed greens.

Consistency: If the lentils are too thick, add additional vegetable broth until desired consistency is reached.



Sun Dried Tomato Pesto Pasta

2 servings
20 minutes

Ingredients

142 grams Chickpea Pasta (dry)
1/3 cup Water (reserved pasta water)
2 tbsps Sun Dried Tomato Pesto
1/2 cup Cherry Tomatoes (cut in half)
1/2 cup Baby Spinach
Sea Salt & Black Pepper (to taste)
1 tsp Basil Leaves
2 tbsps Parmigiano Reggiano (shaved)

Nutrition

Amount per serving	
Calories	312
Fat	8g
Carbs	44g
Fiber	11g
Sugar	8g
Protein	21g
Cholesterol	8mg
Sodium	298mg
Vitamin A	1133IU
Vitamin C	7mg
Calcium	167mg
Iron	7mg

Directions

- 1 Cook the pasta according to the package instructions. Reserve the pasta water and drain.
- 2 In a pan over medium heat add the pesto, tomatoes, pasta, and some of the pasta water. Toss and cook for about five minutes, add more pasta water if necessary.
- 3 Add the spinach and cook for another minute. Add salt and pepper and adjust the seasoning to your taste.
- 4 Divide the pasta between serving plates. Top with basil and parmesan. 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.

Make it Vegan: Omit cheese or use a plant based cheese instead.

More Flavor: Add garlic and chili flakes.

No Chickpea Pasta: Use pasta of choice.



Kale & Millet Egg Bake

2 servings

55 minutes

Ingredients

- 1/2 cup Millet (dry)
- 3/4 cup Vegetable Broth
- 2/3 cup Kale Leaves (chopped)
- 1/3 Orange Bell Pepper (medium, chopped)
- 2 2/3 tbsps Cottage Cheese
- 2 Egg (whisked)
- 2 2/3 tbsps Cow's Milk, Whole
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	277
Fat	8g
Carbs	36g
Fiber	4g
Sugar	2g
Protein	14g
Cholesterol	191mg
Sodium	414mg
Vitamin A	945IU
Vitamin C	64mg
Calcium	95mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Grease a baking dish or line with parchment paper.
- 2 Cook the millet with the broth, according to package directions. When done, transfer to a large bowl and allow to cool.
- 3 Combine all of the remaining ingredients with the millet and stir to combine.
- 4 Transfer to the prepared baking dish. Bake in the oven for 30 minutes, until it has risen and browned on the top. Enjoy!

Notes

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

Serving Size: A 9 x 9-inch baking dish was used to create six servings. One serving is equal to one square.

More Flavor: Add italian seasoning.



Portobello Veggie Burgers with Goat Cheese

2 servings
25 minutes

Ingredients

- 1 cup Red Onion (sliced)
- 1 Zucchini (sliced into rounds)
- 1 Yellow Bell Pepper (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 340 grams Portobello Mushroom Caps
- 1 cup Lentils (cooked, drained and rinsed)
- 1/2 cup Goat Cheese (or feta)
- 1 cup Mixed Greens

Nutrition

Amount per serving	
Calories	363
Fat	14g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	22g
Cholesterol	10mg
Sodium	174mg
Vitamin A	392IU
Vitamin C	200mg
Calcium	93mg
Iron	5mg

Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushroom caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan: Skip the goat cheese and use pesto instead.

Meat Lover: Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



Tofu & Veggie Stir Fry

2 servings
40 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
241 grams Tofu (extra firm, drained and cubed)
2 tbsps Tamari (divided)
1 tbsp Rice Vinegar (divided)
2 1/2 cups Bok Choy (baby, halved)
1 1/2 Carrot (sliced)
1/2 Red Bell Pepper (chopped)
2 2/3 tbsps Water (plus more for frying)
1/2 tsp Blackstrap Molasses
1 Garlic (cloves, minced)
1/2 tsp Ginger (fresh, minced)
3/4 tsp Tapioca Flour
1 1/2 tps Sesame Seeds (optional, for garnish)

Nutrition

Amount per serving	
Calories	342
Fat	9g
Carbs	49g
Fiber	6g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	1104mg
Vitamin A	12484IU
Vitamin C	81mg
Calcium	492mg
Iron	5mg

Directions

- 1 Cook the brown rice according to package directions.
- 2 In a container add the tofu along with half the tamari and half the rice vinegar. Let it marinate for 5 to 10 minutes.
- 3 Heat a skillet over medium heat. Add the tofu along with the marinade and fry for 7 to 9 minutes, until crispy and cooked through. Remove the tofu and set aside.
- 4 In the same skillet, add the bok choy along with some water to steam it. Cook for 4 to 5 minutes, remove and set aside. Add the carrots and bell pepper to the skillet. Add more water as needed to allow the veggies to steam. Cook for 3 to 4 minutes.
- 5 In a blender add the water, the remaining tamari, the remaining rice vinegar, molasses, garlic, ginger and tapioca. Blend until smooth.
- 6 Add the bok choy and tofu back to the skillet with the other veggies and pour the sauce over top. Cook for 1 minute more, then remove from heat. Divide the rice onto plates, top with the stir fry and sesame seeds, if using, and enjoy!

Notes

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

No Rice Vinegar: Use lime juice instead.

No Blackstrap Molasses: Use maple syrup instead.

Additional Toppings: Add more veggies such as mushrooms, broccoli or cauliflower.

No Tapioca Flour: Use arrowroot or cornstarch instead.

No Brown Rice: Serve over cauliflower rice or rice noodles instead.



Lebanese Stuffed Onions

1 serving
1 hour 20 minutes

Ingredients

- 3/4 cup Red Onion (whole, large)
- 2 tbsps Basmati Rice (soaked for at least 30-minutes)
- 71 grams Lean Ground Beef
- 1/4 White Onion (small, diced)
- 1 1/2 Garlic (clove, minced)
- 2 1/4 tps Parsley (chopped, plus extra for garnish)
- 3/4 tsp Lebanese Seven Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Tomato Sauce
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	358
Fat	15g
Carbs	40g
Fiber	5g
Sugar	10g
Protein	17g
Cholesterol	50mg
Sodium	68mg
Vitamin A	786IU
Vitamin C	27mg
Calcium	70mg
Iron	3mg

Directions

- 1 Fill a pot with water, enough to cover the whole onion, and bring to a boil. Cut off the top and bottom of the onion and cut down one side of the onion, into the center from top to bottom. Be sure to cut through all of the layers into the middle. Add the onion to the pot and let cook for about 10 minutes or until the layers soften and separate easily.
- 2 Meanwhile, drain the rice completely. In a bowl, add the rice, ground meat, white onion, garlic, parsley, and Lebanese seven spice. Mix well and season with salt and pepper.
- 3 Remove the onion from the boiling water. Let cool and separate out the layers. Place about 1 1/2 tablespoons of the filling inside each onion layer.
- 4 Add the tomato sauce to a pan with a lid. Place the stuffed onions on top. Cover and let simmer for 25 to 30 minutes on low heat or until everything is cooked through.
- 5 Squeeze the lemon juice on top. Garnish with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to approximately four stuffed onions.

No Lebanese Seven Spice: Use a mixture of cinnamon, coriander, and cumin.