



























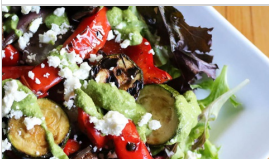





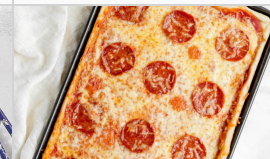

























EXERCISE
with Style

30-Day Balanced 1600 Calorie
Meal Plan PDF week 4

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Loaded Tostadas	 Loaded Tostadas	 Loaded Tostadas	 Fried Chickpeas & Spinach Yogurt Bowl	 Fried Chickpeas & Spinach Yogurt Bowl	 Butternut Squash Smoothie	 Butternut Squash Smoothie
Snack 1	 Watermelon & Feta Skewers	 Watermelon & Feta Skewers	 0.5 Watermelon & Feta Skewers	 0.5 Blueberry Tofu Pudding	 0.5 Blueberry Tofu Pudding	 Blueberry Tofu Pudding	 0.5 Blueberry Tofu Pudding
Lunch	 Cream of Broccoli Soup	 Grilled Vegetable & Lentil Salad	 Rainbow Chopped Salad Jars	 Orange Beef Stir Fry	 Kimchi & Tofu Rice Bowls	 Tuna Noodle Casserole	 Soy Glazed Tofu & Mushrooms
Snack 2	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 Papaya Breakfast Box	 Papaya Breakfast Box	 Papaya Breakfast Box	 0.5 Papaya Breakfast Box
Dinner	 Grilled Vegetable & Lentil Salad	 Rainbow Chopped Salad Jars	 Orange Beef Stir Fry	 Kimchi & Tofu Rice Bowls	 Tuna Noodle Casserole	 Soy Glazed Tofu & Mushrooms	 Sheet Pan Pizza

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  31%	Fat  34%	Fat  38%	Fat  36%	Fat  32%	Fat  32%
Carbs  50%	Carbs  52%	Carbs  50%	Carbs  44%	Carbs  47%	Carbs  48%	Carbs  48%
Protein  17%	Protein  17%	Protein  16%	Protein  18%	Protein  17%	Protein  20%	Protein  20%
Calories 1575	Calories 1678	Calories 1674	Calories 1624	Calories 1593	Calories 1684	Calories 1639
Fat 61g	Fat 62g	Fat 65g	Fat 71g	Fat 65g	Fat 63g	Fat 60g
Carbs 207g	Carbs 228g	Carbs 219g	Carbs 184g	Carbs 190g	Carbs 210g	Carbs 202g
Fiber 48g	Fiber 53g	Fiber 44g	Fiber 32g	Fiber 33g	Fiber 39g	Fiber 41g
Sugar 70g	Sugar 75g	Sugar 62g	Sugar 48g	Sugar 46g	Sugar 63g	Sugar 41g
Protein 71g	Protein 74g	Protein 71g	Protein 75g	Protein 70g	Protein 85g	Protein 86g
Cholesterol 79mg	Cholesterol 79mg	Cholesterol 94mg	Cholesterol 420mg	Cholesterol 385mg	Cholesterol 389mg	Cholesterol 262mg
Sodium 2608mg	Sodium 2407mg	Sodium 2135mg	Sodium 2420mg	Sodium 2708mg	Sodium 2010mg	Sodium 1823mg
Vitamin A 11804IU	Vitamin A 11575IU	Vitamin A 8061IU	Vitamin A 4780IU	Vitamin A 4639IU	Vitamin A 23499IU	Vitamin A 23341IU
Vitamin C 309mg	Vitamin C 385mg	Vitamin C 333mg	Vitamin C 199mg	Vitamin C 111mg	Vitamin C 168mg	Vitamin C 124mg
Calcium 1206mg	Calcium 1282mg	Calcium 1064mg	Calcium 1020mg	Calcium 1040mg	Calcium 1653mg	Calcium 1990mg
Iron 19mg	Iron 20mg	Iron 17mg	Iron 20mg	Iron 18mg	Iron 16mg	Iron 14mg

Fruits

- 1 Banana
- 1 cup Blueberries
- 1 3/4 Lemon
- 2 tsps Lemon Juice
- 1/2 Lime
- 1/3 Navel Orange
- 4 cups Papaya
- 3 Pear
- 1/4 Seedless Watermelon

Breakfast

- 2 tbsps Almond Butter
- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/3 cup Almonds
- 1/3 cup Cashews
- 1/4 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1/4 tsp Cinnamon
- 1/4 tsp Dried Basil
- 1/3 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Peas

Vegetables

- 2 1/2 cups Baby Spinach
- 2 3/4 cups Broccoli
- 1 1/2 cups Butternut Squash
- 1/4 Carrot
- 2 3/4 stalks Celery
- 2/3 cup Cherry Tomatoes
- 2 1/4 Cucumber
- 3/4 Garlic
- 1 2/3 tsps Ginger
- 3 stalks Green Onion
- 2/3 cup Matchstick Carrots
- 1 1/2 cups Microgreens
- 2 tbsps Mint Leaves
- 4 cups Mixed Greens
- 2/3 cup Mushrooms
- 1/2 cup Parsley
- 1 cup Portobello Mushroom
- 2 1/16 cups Purple Cabbage
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 8 leaves Romaine
- 1 1/2 cups Shiitake Mushrooms
- 1 1/4 cups Snap Peas
- 2/3 Sweet Onion
- 2/3 Yellow Bell Pepper
- 1 Zucchini

Boxed & Canned

- 1 1/3 cups Brown Rice
- 2/3 cup Brown Rice Fusilli
- 1/3 cup Canned Coconut Milk
- 4 1/16 cups Chickpeas
- 1/2 cup Green Lentils
- 1 cup Lentils
- 3/4 can Refried Beans
- 1/3 cup Salsa
- 1/2 can Tuna

Baking

- 1/2 cup All Purpose Gluten-Free Flour

Bread, Fish, Meat & Cheese

- 136 grams Beef Tenderloin
- 6 Corn Tortilla
- 1 1/3 cups Feta Cheese
- 50 grams Mozzarella Cheese
- 11 grams Pepperoni
- 227 grams Silken Tofu
- 443 grams Tofu

Condiments & Oils

- 1 1/8 tbsps Avocado Oil
- 2/3 tsp Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil
- 1 cup Kimchi
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tbsps Rice Vinegar
- 1/4 tsp Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 3 1/3 tbsps Tahini
- 1/4 cup Tamari
- 2 2/3 tbsps Tomato Sauce

Cold

- 8 Egg
- 1/3 cup Guacamole
- 1 2/3 cups Plain Greek Yogurt
- 3 1/8 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1/2 cup Sweet Potato Chips
- 1/2 cup Vanilla Protein Powder
- 2 1/8 cups Water

- 1 1/2 tsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1 1/3 tsps Nutritional Yeast
- 2 2/3 tsps Tapioca Flour
- 1 tsp Vanilla Extract



Loaded Tostadas

3 servings

15 minutes

Ingredients

- 6 Corn Tortilla
- 3/4 can Refried Beans
- 1/3 cup Feta Cheese (crumbled)
- 1/3 cup Salsa
- 1/3 cup Guacamole
- 1/3 cup Plain Greek Yogurt
- 3 stalks Green Onion (sliced)
- 1 1/2 cups Microgreens

Nutrition

Amount per serving	
Calories	385
Fat	12g
Carbs	54g
Fiber	10g
Sugar	5g
Protein	15g
Cholesterol	21mg
Sodium	916mg
Vitamin A	865IU
Vitamin C	24mg
Calcium	417mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Lay the tortillas on the prepared baking sheet. Divide the beans equally among the tortillas.
- 3 Top each tortilla with equal parts of the crumbled feta cheese and bake for 10 minutes.
- 4 Remove from the oven. Top with the salsa, guacamole, and yogurt. Add green onions and microgreens. Enjoy!

Notes

Leftovers: This recipe is best enjoyed fresh but can be refrigerated in an airtight container for up to two days.

Serving Size: One serving is equal to two tostadas. A 1/4 can of refried beans is approximately 1/2 cup.

Make it Vegan: Omit or swap the feta and the yogurt for vegan cheese and yogurt of your choice.

More Flavor: Add scrambled eggs and vegetables like bell peppers and fresh tomatoes.

Additional Toppings: Chopped cilantro, lime juice.

Dairy-Free: Omit the yogurt and cheese or swap for dairy-free option.



Fried Chickpeas & Spinach Yogurt Bowl

2 servings
15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 cups Chickpeas (cooked, patted dry)
- 1/2 tsp Sea Salt
- 2 cups Baby Spinach (chopped)
- 1 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	450
Fat	21g
Carbs	52g
Fiber	15g
Sugar	8g
Protein	16g
Cholesterol	0mg
Sodium	650mg
Vitamin A	2857IU
Vitamin C	11mg
Calcium	360mg
Iron	6mg

Directions

- 1 Heat the oil in a large pan over medium heat.
- 2 Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes. If the chickpeas begin to stick to the pan, add more olive oil or a bit of water, as needed.
- 3 Stir in the chopped spinach and cook until wilted, about one minute.
- 4 Divide the yogurt into bowls. Top with chickpea and spinach mixture. Enjoy!

Notes

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

Serving Size: Each serving equals approximately one cup of chickpeas and 1/2 cup of yogurt.

More Flavor: Add pesto, chimichurri, or dried herbs to the chickpea mixture.

Additional Toppings: Top with feta cheese, cherry tomatoes, basil, parsley or cilantro.



Butternut Squash Smoothie

2 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
8 leaves Romaine (roughly chopped)
1 1/2 cups Butternut Squash (frozen, cubed)
1 Banana (frozen)
1/4 tsp Cinnamon
1/2 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	441
Fat	19g
Carbs	46g
Fiber	18g
Sugar	12g
Protein	31g
Cholesterol	4mg
Sodium	286mg
Vitamin A	21630IU
Vitamin C	60mg
Calcium	993mg
Iron	5mg

Directions

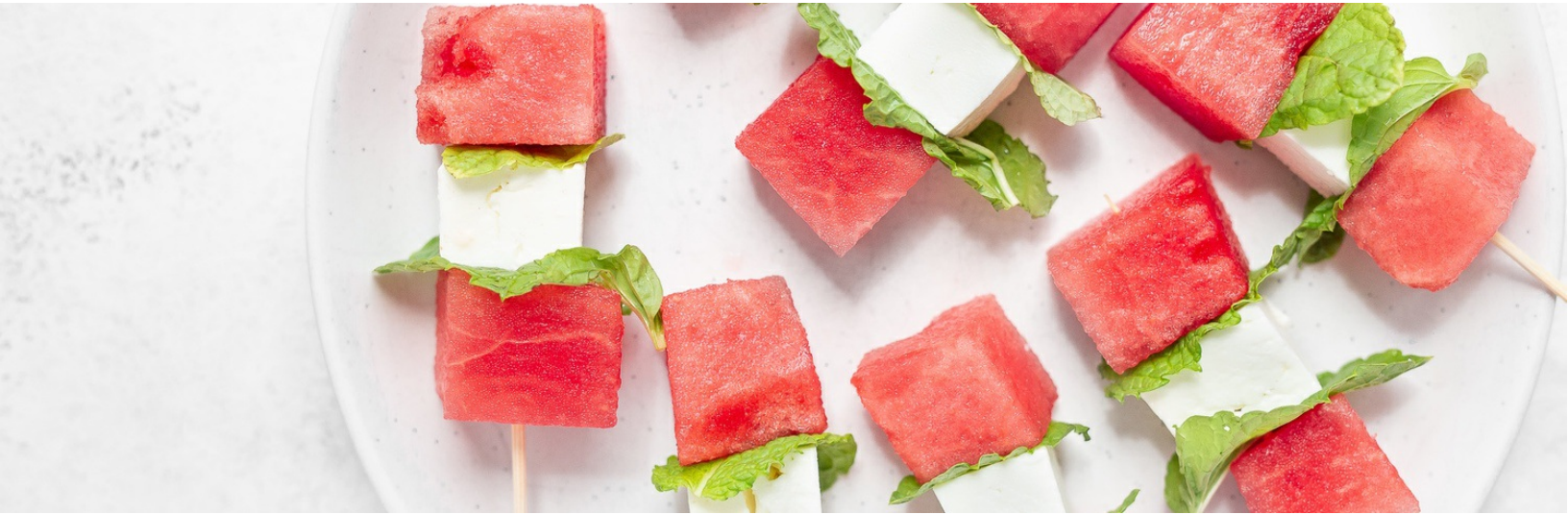
- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash: Use fresh, cooked squash or canned.

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



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.



Blueberry Tofu Pudding

2 servings
2 hours 10 minutes

Ingredients

- 227 grams Silken Tofu
- 1 cup Blueberries (plus more for garnish)
- 1 1/2 tbsps Chia Seeds
- 2 1/2 tbsps Maple Syrup
- 2 tps Lemon Juice
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	219
Fat	6g
Carbs	35g
Fiber	5g
Sugar	24g
Protein	8g
Cholesterol	0mg
Sodium	11mg
Vitamin A	40IU
Vitamin C	9mg
Calcium	123mg
Iron	2mg

Directions

- 1 Combine all ingredients in a blender and blend for at least one minute, until a very smooth texture is achieved.
- 2 Scoop into a container. Top with additional blueberries if desired. Seal the container and transfer it to the fridge to set for at least two hours or overnight. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Raspberries, strawberries, cacao nibs, shredded coconut, and/or chocolate chips.



Cream of Broccoli Soup

1 serving
30 minutes

Ingredients

- 1/4 Sweet Onion (chopped)
- 1/4 Carrot (chopped)
- 3/4 stalk Celery (chopped)
- 1 1/4 cups Broccoli (chopped, incl. stalks)
- 1 1/2 cups Water
- 1/4 tsp Dried Basil
- 1/4 tsp Sea Salt
- 1/4 cup Cashews
- 1/2 cup Green Lentils (cooked, drained and rinsed)
- 1/2 cup Baby Spinach (packed)

Nutrition

Amount per serving	
Calories	392
Fat	17g
Carbs	48g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	695mg
Vitamin A	4808IU
Vitamin C	113mg
Calcium	176mg
Iron	7mg

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.



Greek Yogurt with Almonds & Pear

3 servings

5 minutes

Ingredients

- 3/4 cup Plain Greek Yogurt
- 1/3 cup Almonds
- 3 Pear (sliced)

Nutrition

Amount per serving	
Calories	250
Fat	10g
Carbs	34g
Fiber	8g
Sugar	20g
Protein	10g
Cholesterol	8mg
Sodium	37mg
Vitamin A	357IU
Vitamin C	11mg
Calcium	189mg
Iron	1mg

Directions

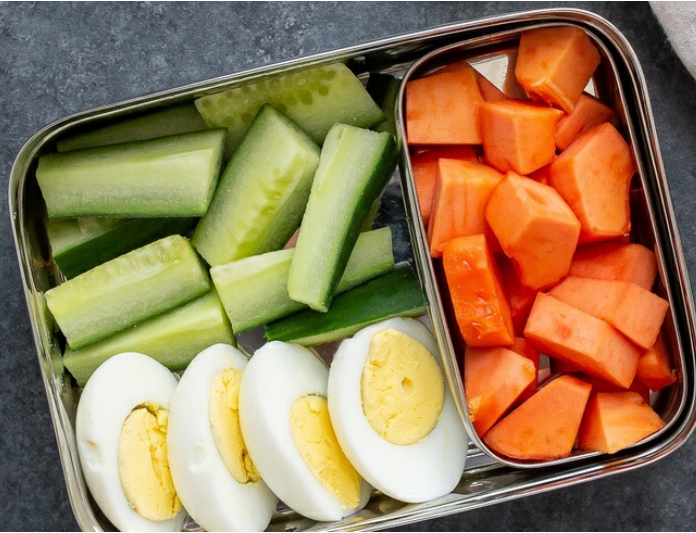
- 1 Add all ingredients to a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add cinnamon and honey.



Papaya Breakfast Box

4 servings

15 minutes

Ingredients

- 8 Egg
- 4 cups Papaya (peeled, seeds removed, chopped)
- 2 Cucumber (medium, chopped)

Nutrition

Amount per serving	
Calories	226
Fat	10g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	14g
Cholesterol	372mg
Sodium	156mg
Vitamin A	698IU
Vitamin C	89mg
Calcium	108mg
Iron	3mg

Directions

- 1 Place the 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. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

Notes

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

More Flavor: Season the eggs with salt and pepper to taste.

Additional Toppings: Add nuts, crackers, or a slice of toast.



Grilled Vegetable & Lentil Salad

2 servings
20 minutes

Ingredients

1 Red Bell Pepper (cored and sliced)
1/2 cup Red Onion (coarsely chopped)
1 Zucchini (sliced into rounds)
1 cup Portobello Mushroom (sliced)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Cashews
1/2 Lemon (juiced)
1 1/2 tsps Tamari
1/2 cup Parsley
1 tbsp Water
1 1/2 tsps Red Wine Vinegar
4 cups Mixed Greens
1 cup Lentils (cooked, drained and rinsed)
1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Iron

7mg



Rainbow Chopped Salad Jars

2 servings
15 minutes

Ingredients

- 3 1/3 tbsps Tahini
- 1 1/3 Lemon (juiced)
- 1/3 tsp Sea Salt
- 1 1/3 tbsps Water
- 2 cups Chickpeas (cooked, from the can)
- 2/3 cup Cherry Tomatoes
- 2/3 cup Matchstick Carrots
- 2/3 Yellow Bell Pepper (chopped)
- 2 cups Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	495
Fat	18g
Carbs	69g
Fiber	19g
Sugar	16g
Protein	22g
Cholesterol	0mg
Sodium	494mg
Vitamin A	4579IU
Vitamin C	189mg
Calcium	252mg
Iron	8mg

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Orange Beef Stir Fry

2 servings
50 minutes

Ingredients

- 1/3 cup Brown Rice (uncooked)
- 1/3 cup Water
- 1 1/4 tsps Extra Virgin Olive Oil (divided)
- 136 grams Beef Tenderloin (sliced into thin strips)
- 1/3 Navel Orange (juiced)
- 2 1/3 tsps Tamari
- 1/4 tsp Sesame Oil
- 1/3 tsp Red Pepper Flakes
- 1/3 Sweet Onion (diced)
- 3/4 Garlic (cloves, minced)
- 1 1/4 cups Snap Peas
- 1 2/3 cups Broccoli (cut into florets)
- 1 1/4 tsps Ginger (grated)

Nutrition

Amount per serving	
Calories	437
Fat	20g
Carbs	47g
Fiber	6g
Sugar	9g
Protein	20g
Cholesterol	48mg
Sodium	472mg
Vitamin A	1087IU
Vitamin C	93mg
Calcium	99mg
Iron	4mg

Directions

- 1 Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
- 2 Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
- 3 Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add 1/4 cup water and mix well.
- 4 Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
- 5 Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
- 6 Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
- 7 Serve stir fry over a bed of brown rice. Enjoy!

Notes

Vegetarian: Use chickpeas instead of beef.

Make it Saucy: Double up on the orange juice, tamari and sesame oil.

More Green Power: Fold in some sautéed spinach until wilted.



Kimchi & Tofu Rice Bowls

2 servings

35 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
243 grams Tofu (extra-firm, pressed and cubed)
1 1/2 tbsps Tamari (divided)
1 1/2 tbsps Rice Vinegar (divided)
1 1/2 tsps Arrowroot Powder
2 tbsps Sunflower Seed Butter
1 tbsp Water
1 cup Kimchi
1/4 Cucumber (thinly sliced)

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	46g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	1136mg
Vitamin A	118IU
Vitamin C	1mg
Calcium	391mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 3 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 5 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!

Notes

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

More Flavor: Add sriracha or chili flakes to the dressing.

Additional Toppings: Sunflower seeds, sesame seeds, or cilantro.

No Sunflower Seed Butter: Use peanut butter or almond butter.



Tuna Noodle Casserole

2 servings
45 minutes

Ingredients

- 2/3 cup Brown Rice Fusilli (dry)
- 2/3 cup Mushrooms (sliced)
- 1/2 cup Frozen Peas
- 1/3 cup Canned Coconut Milk (full fat)
- 1/2 cup Unsweetened Almond Milk
- 1 1/3 tsps Nutritional Yeast
- 2/3 tsp Dijon Mustard
- 1/2 tsp Sea Salt
- 2 2/3 tsps Tapioca Flour
- 1/2 can Tuna (drained)
- 1/2 cup Sweet Potato Chips (crushed)

Nutrition

Amount per serving	
Calories	406
Fat	14g
Carbs	53g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	13mg
Sodium	760mg
Vitamin A	946IU
Vitamin C	5mg
Calcium	119mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Prepare pasta according to the directions on the package, making sure to slightly undercook. Strain and run cold water over the pasta.
- 3 In a large saucepan over medium-high heat, add mushrooms, peas, coconut milk, almond milk, nutritional yeast, mustard and salt. Once boiling, reduce heat to a simmer.
- 4 Whisk in tapioca flour. Continue simmering until the sauce thickens, about 10 minutes.
- 5 Add tuna and cooked pasta to the sauce and mix well. Transfer to a baking dish and sprinkle crushed chips overtop. Bake on the lowest rack for 20 minutes. Let cool before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. The sauce can also be stored separately in the freezer for future use. Add a splash of almond milk, water or broth when reheating.

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

No Tuna: Use edamame, chicken or chickpeas instead.

No Tapioca Flour: Use arrowroot powder or cornstarch instead.



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.



Sheet Pan Pizza

1 serving
35 minutes

Ingredients

- 1/2 tsp Avocado Oil (for greasing)
- 1/2 cup All Purpose Gluten-Free Flour (plus more for dusting)
- 1/2 cup Plain Greek Yogurt
- 1/2 tsp Baking Powder
- 1 1/2 tps Water
- 2 2/3 tbsps Tomato Sauce
- 50 grams Mozzarella Cheese (shredded)
- 11 grams Pepperoni (sliced)

Nutrition

Amount per serving	
Calories	583
Fat	19g
Carbs	73g
Fiber	13g
Sugar	4g
Protein	27g
Cholesterol	72mg
Sodium	656mg
Vitamin A	1157IU
Vitamin C	10mg
Calcium	571mg
Iron	2mg

Directions

- 1 Preheat the oven to 500°F (260°C) and grease a baking sheet with the oil.
- 2 In a mixing bowl, add the flour, yogurt, baking powder and start mixing with a spatula. As the dough begins to form, add the water and keep mixing.
- 3 The dough is ready when it is a little bit sticky but mostly smooth. Lightly flour your work surface and shape the dough into a ball.
- 4 Start to roll out the dough and then transfer it to the baking sheet. Use your hands to stretch the dough and get it as thin as you can (approximately 1/8-inch thickness) on the baking sheet.
- 5 Bake the dough for ten minutes without the toppings. Remove from the oven and add the tomato sauce, cheese, and pepperoni. Place the pizza back in the oven for another 10 to 15 minutes or until the cheese melts to your liking.
- 6 Remove from the oven and cut the pizza into slices. Enjoy!

Notes

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

Serving Size: One serving is equal to two slices. An 18 x 11-inch baking sheet was used for four servings (eight slices).

More Flavor: Add garlic powder, onion powder, or dried herbs to the dough.

Additional Toppings: Add your favorite pizza toppings.

Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill 1:1 Baking Flour. If using another type of gluten-free flour, note that results may vary.

Greek Yogurt: This recipe was developed using 2% MF Greek yogurt. If using a Greek yogurt with differing milk fat, note the results may vary.