






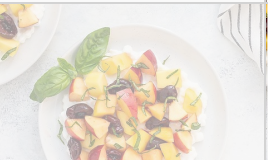
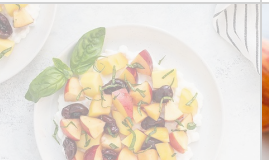






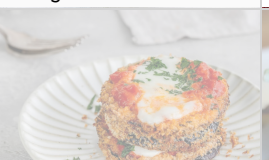
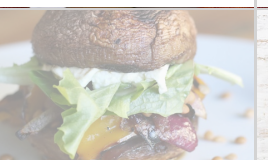

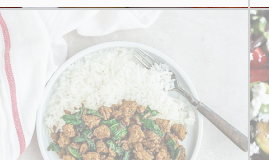
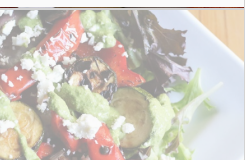






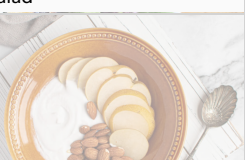

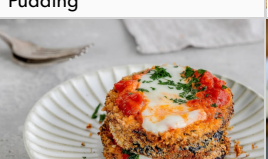

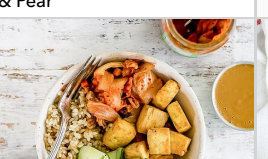
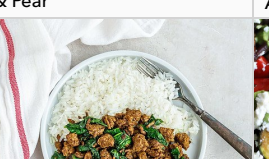

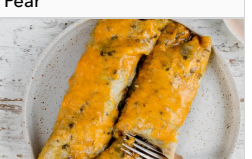

























EXERCISE
with Style

30-Day Balanced 1700 Calorie
Meal Plan PDF (week 2)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Baked Oatmeal	 Chocolate Protein Baked Oatmeal	 Chocolate Protein Baked Oatmeal	 Butternut Squash Smoothie	 Butternut Squash Smoothie	 Japanese Omelette Rice	 Japanese Omelette Rice
Snack 1	 0.5 Stone Fruit Salad with Cottage Cheese	 0.5 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Peach Cobbler Smoothie	 0.5 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie
Lunch	 Fiddlehead & Edamame Pesto Pasta	 Spicy Tofu & Cauliflower Soup	 Air Fryer Eggplant Parmesan	 Portobello Veggie Burgers with Goat Cheese	 Kimchi & Tofu Rice Bowls	 Spiced Beef & Spinach with Rice	 Grilled Vegetable & Lentil Salad
Snack 2	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 0.5 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear
Dinner	 Spicy Tofu & Cauliflower Soup	 Air Fryer Eggplant Parmesan	 Portobello Veggie Burgers with Goat Cheese	 Kimchi & Tofu Rice Bowls	 Spiced Beef & Spinach with Rice	 Grilled Vegetable & Lentil Salad	 Squash & Black Bean Enchiladas

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  34%	Fat  35%	Fat  34%	Fat  32%	Fat  30%	Fat  33%
Carbs  47%	Carbs  46%	Carbs  45%	Carbs  44%	Carbs  46%	Carbs  50%	Carbs  49%
Protein  20%	Protein  20%	Protein  20%	Protein  22%	Protein  22%	Protein  20%	Protein  18%
Calories 1729	Calories 1683	Calories 1697	Calories 1711	Calories 1674	Calories 1700	Calories 1798
Fat 66g	Fat 65g	Fat 68g	Fat 68g	Fat 62g	Fat 59g	Fat 68g
Carbs 209g	Carbs 197g	Carbs 194g	Carbs 203g	Carbs 202g	Carbs 217g	Carbs 229g
Fiber 46g	Fiber 46g	Fiber 41g	Fiber 49g	Fiber 37g	Fiber 30g	Fiber 44g
Sugar 56g	Sugar 61g	Sugar 70g	Sugar 67g	Sugar 48g	Sugar 49g	Sugar 64g
Protein 87g	Protein 87g	Protein 88g	Protein 99g	Protein 98g	Protein 87g	Protein 83g
Cholesterol 12mg	Cholesterol 116mg	Cholesterol 135mg	Cholesterol 40mg	Cholesterol 95mg	Cholesterol 516mg	Cholesterol 474mg
Sodium 4569mg	Sodium 4808mg	Sodium 1495mg	Sodium 2028mg	Sodium 1757mg	Sodium 1381mg	Sodium 2151mg
Vitamin A 6910IU	Vitamin A 2769IU	Vitamin A 2977IU	Vitamin A 23512IU	Vitamin A 25442IU	Vitamin A 9163IU	Vitamin A 18851IU
Vitamin C 248mg	Vitamin C 222mg	Vitamin C 288mg	Vitamin C 282mg	Vitamin C 85mg	Vitamin C 162mg	Vitamin C 181mg
Calcium 1538mg	Calcium 1757mg	Calcium 1479mg	Calcium 1860mg	Calcium 1726mg	Calcium 654mg	Calcium 1071mg
Iron 19mg	Iron 18mg	Iron 14mg	Iron 18mg	Iron 17mg	Iron 17mg	Iron 17mg

Fruits

- 1 Banana
- 1/2 cup Cherries
- 1/2 Lemon
- 1/2 Mango
- 1 Nectarine
- 3 Peach
- 4 Pear
- 1 1/2 cups Strawberries

Breakfast

- 1/3 cup Almond Butter
- 2 1/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1 1/2 tbsps Cajun Seasoning
- 2 tbsps Cashews
- 1/2 cup Chia Seeds
- 1 3/4 tsps Cinnamon
- 2 1/4 tsps Curry Powder
- 1/3 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika

Frozen

- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 1/4 cup Frozen Peas

Vegetables

- 2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 2 1/4 cups Butternut Squash
- 1 head Cauliflower
- 1/4 cup Cilantro
- 4 Cremini Mushrooms
- 1/4 Cucumber
- 2/3 Eggplant
- 114 grams Fiddleheads
- 1 Leeks
- 5 cups Mixed Greens
- 1/2 cup Parsley
- 1 cup Portobello Mushroom
- 340 grams Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1 1/2 cups Red Onion
- 8 leaves Romaine
- 1 Yellow Bell Pepper
- 1/4 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1/2 cup Black Beans
- 1/2 cup Bread Crumbs
- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Penne
- 1/3 cup Enchilada Sauce
- 1 1/2 cups Jasmine Rice
- 2 cups Lentils
- 2 cups Lima Beans
- 1/3 cup Marinara Sauce
- 1 1/2 cups Quick Oats
- 3 tbsps Tomato Paste
- 30 milliliters Unsweetened Rice Milk
- 4 cups Vegetable Broth, Low Sodium

Baking

- 1 1/2 tsps Arrowroot Powder
- 3/4 tsp Baking Powder
- 1/4 cup Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- 28 grams Cheddar Cheese
- 227 grams Extra Lean Ground Beef
- 1/4 cup Feta Cheese
- 1/2 cup Goat Cheese
- 85 grams Mozzarella Ball
- 2 2/3 tbsps Parmigiano Reggiano
- 443 grams Tofu
- 1 Whole Wheat Tortilla

Condiments & Oils

- 1 1/8 tsps Apple Cider Vinegar
- 1 gram Avocado Oil Spray
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1 cup Kimchi
- 2 tbsps Pesto
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tbsps Rice Vinegar
- 2 tbsps Sunflower Seed Butter
- 2 tbsps Tamari

Cold

- 2 tbsps Butter
- 2 1/2 cups Cottage Cheese
- 4 2/3 Egg
- 1 1/2 cups Plain Coconut Milk
- 1 cup Plain Greek Yogurt
- 4 1/8 cups Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk

Other

- 1/2 cup Chocolate Protein Powder
- 3 tbsps Sugar Free Ketchup
- 1/2 cup Vanilla Protein Powder
- 1/4 cup Water

-
- 1/3 cup Oats
 - 3 tbsps Pitted Dates
 - 38 grams Unbleached All Purpose Flour



Chocolate Protein Baked Oatmeal

3 servings
20 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Almond Butter
- 2 1/4 tbsps Maple Syrup
- 1 1/2 cups Quick Oats
- 3 tbsps Chocolate Protein Powder
- 3/4 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	477
Fat	22g
Carbs	53g
Fiber	7g
Sugar	20g
Protein	16g
Cholesterol	1mg
Sodium	365mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	430mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a pan with parchment paper.
- 2 In a mixing bowl, whisk together the milk, almond butter, and maple syrup. Stir in the remaining ingredients.
- 3 Transfer the mixture to the loaf pan and bake for 30 to 40 minutes, or until cooked through to your liking. Cut into slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. A 9 x 5-inch loaf pan dish was used to make four servings. Baked oatmeal is easier to cut into squares when cooled fully.

More Flavor: Add cocoa powder and vanilla extract.

Serve it With: Sliced banana, walnuts, nut butter, shredded coconut, melted coconut butter, yogurt, whipped coconut milk, or chia jam.

No Protein Powder: Use cocoa powder instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



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.



Japanese Omelette Rice

2 servings
35 minutes

Ingredients

2/3 cup Jasmine Rice (dry, uncooked)
3 tbsps Sugar Free Ketchup
3 tbsps Tomato Paste
2 tbsps Water
2 tbsps Butter (divided)
1/4 Yellow Onion (minced)
4 Cremini Mushrooms (chopped)
1/4 cup Frozen Peas
Sea Salt & Black Pepper (to taste)
4 Egg
30 milliliters Unsweetened Rice Milk (plain)

Nutrition

Amount per serving	
Calories	530
Fat	21g
Carbs	67g
Fiber	4g
Sugar	7g
Protein	20g
Cholesterol	403mg
Sodium	338mg
Vitamin A	1712IU
Vitamin C	8mg
Calcium	99mg
Iron	4mg

Directions

- 1 Cook the rice according to package instructions.
- 2 In a bowl, whisk together the ketchup, tomato paste, and water. Set aside.
- 3 Heat half the butter in a large nonstick pan over medium-high heat. Cook the onion and mushrooms, for about five to eight minutes or until browned and soft. Add the peas, cooked rice, and half of the tomato sauce. Season with salt and pepper and combine well. Set aside and wipe the pan clean.
- 4 Heat some of the remaining butter in the same pan over medium-high heat. In a bowl, whisk two of the eggs with one tablespoon of milk and pour into the pan. Using chopsticks or the edge of a spatula, gently stir the eggs around for one to two minutes, or until the mixture is set but still runny on top.
- 5 Fill the center of the omelette with some of the rice mixture and fold the sides over the rice. Hold a plate over the omelette and carefully flip the pan to transfer the omelette. Repeat with the remaining butter, eggs, milk, and rice mixture.
- 6 Divide onto plates and serve with the remaining tomato sauce otop. Enjoy!

Notes

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

Serving Size: One serving equals approximately two eggs and 1 1/2 cups of the rice mixture.

More Flavor: Add sesame oil, soy sauce, or tonkatsu sauce to the rice. Use Japanese ketchup.

Additional Toppings: Garnish with parsley.

No Rice Milk: Use cow's milk or any milk alternative instead of rice milk.



Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

Directions

- 1 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Peach Cobbler Smoothie

3 servings

5 minutes

Ingredients

- 2 1/4 cups Unsweetened Cashew Milk
- 3 Peach (pitted)
- 1/3 cup Oats (quick or rolled)
- 1 1/2 cups Cottage Cheese
- 3 tbsps Pitted Dates
- 1 1/2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	256
Fat	8g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	15g
Cholesterol	18mg
Sodium	395mg
Vitamin A	1015IU
Vitamin C	10mg
Calcium	194mg
Iron	1mg

Directions

1

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

Notes

Dairy-Free: Use coconut yogurt instead of cottage cheese.

No Cashew Milk: Use almond, rice, coconut or your choice of alternative milk instead.

No Dates: Sweeten with maple syrup, honey or banana instead.

Storage: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein: Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber: Add ground flax seed.



Fiddlehead & Edamame Pesto Pasta

1 serving
20 minutes

Ingredients

- 1/2 cup Brown Rice Penne (uncooked)
- 114 grams Fiddleheads (trimmed and washed)
- 1/2 cup Frozen Edamame (shelled, thawed)
- 2 tbsps Pesto
- 1 1/8 tps Apple Cider Vinegar (to taste)
- 1/16 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	475
Fat	18g
Carbs	59g
Fiber	8g
Sugar	4g
Protein	22g
Cholesterol	0mg
Sodium	344mg
Vitamin A	4832IU
Vitamin C	35mg
Calcium	182mg
Iron	4mg

Directions

- 1 Cook the penne according to package instructions. Drain the pasta and set aside.
- 2 Meanwhile, ensure the fiddleheads are washed thoroughly, removing as much dirt and brown papery husk as possible. Add the fiddleheads to a large saucepan and cover with water. Bring to a boil then lower to a simmer for 15 minutes or until tender and cooked through. Drain and rinse the fiddleheads.
- 3 In a large bowl, combine the penne, fiddleheads, edamame, pesto, apple cider vinegar, and sea salt to taste. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add garlic. Use lemon juice instead of apple cider vinegar. Roast the fiddleheads until browned.

Additional Toppings: Add parmesan, capers, cherry tomatoes, or fresh herbs.

Food Safety: Fiddleheads must be cleaned thoroughly, and boiled or steamed for at least 15 minutes to reduce the potential for food-borne illness.



Chocolate Strawberry Chia Pudding

3 servings
30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/3 cup Chocolate Protein Powder
- 1 1/2 cups 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.



Greek Yogurt with Almonds & Pear

4 servings

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Almonds
- 4 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.



Spicy Tofu & Cauliflower Soup

2 servings
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Leeks (small, trimmed, sliced)
- 1 head Cauliflower (medium, roughly chopped)
- 1 1/2 tbsps Cajun Seasoning
- 4 cups Vegetable Broth, Low Sodium
- 200 grams Tofu (soft, cut into chunks)
- 2 cups Lima Beans (cooked)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	453
Fat	13g
Carbs	62g
Fiber	19g
Sugar	12g
Protein	28g
Cholesterol	0mg
Sodium	3653mg
Vitamin A	877IU
Vitamin C	152mg
Calcium	425mg
Iron	9mg

Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 2 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 3 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 4 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to two cups.

More Flavors: Top with cheese and/or avocado slices and serve with tortilla chips.

No Lima Beans: Use any cooked white bean.



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.



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.



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.



Spiced Beef & Spinach with Rice

2 servings
20 minutes

Ingredients

3/4 cup Jasmine Rice
227 grams Extra Lean Ground Beef
2 1/4 tsps Curry Powder
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	454
Fat	12g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	74mg
Sodium	100mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	56mg
Iron	4mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Season the beef with other dried herbs and spices or add fresh garlic and ginger.

Additional Toppings: Cilantro, lime wedges, and/or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Rice: Use quinoa or cauliflower rice instead.



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 tsps 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



Squash & Black Bean Enchiladas

1 serving
55 minutes

Ingredients

3/4 cup Butternut Squash (peeled, seeds removed, cubed)
1/3 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 tsp Smoked Paprika
1/2 cup Black Beans (cooked, rinsed)
1/3 cup Enchilada Sauce (divided)
1 Whole Wheat Tortilla (large)
28 grams Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	427
Fat	16g
Carbs	54g
Fiber	13g
Sugar	5g
Protein	19g
Cholesterol	28mg
Sodium	852mg
Vitamin A	12339IU
Vitamin C	22mg
Calcium	379mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Add the butternut squash to the baking sheet and toss with oil, salt, pepper, and smoked paprika. Roast for 20 to 25 minutes or until browned and fork-tender.
- 2 Add the cooked squash to a large bowl along with the black beans. Toss to combine.
- 3 Pour 1/3 of the enchilada sauce on the bottom of the baking dish.
- 4 Place a tortilla on a flat surface and scoop out the squash and bean mixture into the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas and filling.
- 5 Pour the remaining enchilada sauce on top of the tortillas. Top with cheese. Place in the oven and bake for 15 minutes, covered. Remove the cover and bake for an additional five minutes. Let cool slightly before serving. Enjoy!

Notes

Leftovers: Freeze wrapped enchiladas without the enchilada sauce in a sealed container for up to three months. Let thaw overnight in the fridge and bake as directed with the sauce and cheese.

Serving Size: One serving is one enchilada.

Make it Vegan: Use a dairy-free cheese.

More Flavor: Add ground cumin, garlic, cayenne, and/or chili powder to the butternut squash.

Additional Toppings: Top with sour cream, cilantro, and/or avocado.

Gluten-Free: Use gluten-free tortillas.