







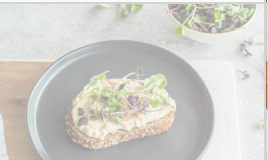
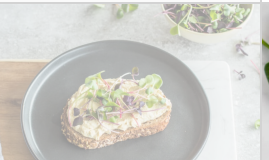


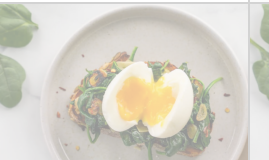


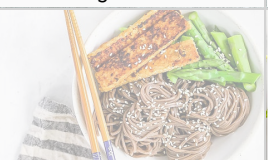
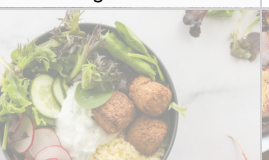
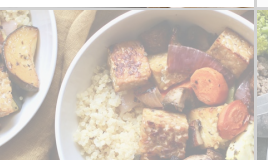

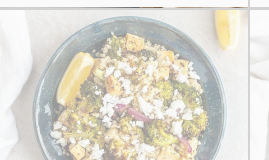
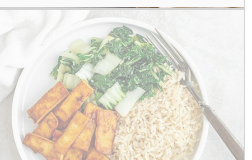






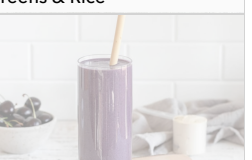
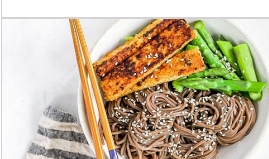

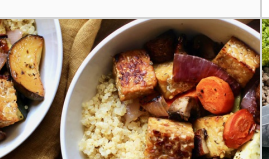

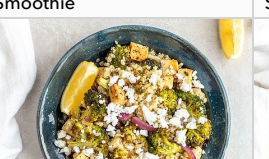
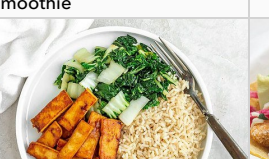


























EXERCISE
with Style

30 Day Balanced 1800 Calorie
Meal Plan PDF (Week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Smashed Edamame & Mushroom Sandwich	 Smashed Edamame & Mushroom Sandwich	 Smashed Edamame & Mushroom Sandwich	 Japanese Omelette Rice	 Japanese Omelette Rice	 Bagel & Peanut Butter	 Bagel & Peanut Butter
Snack 1	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast
Lunch	 Ground Turkey, Green Beans & Rice	 Asparagus, Soba & Tempeh	 Falafel Bowl	 Balsamic Roasted Tempeh Bowls	 Ground Beef, Broccoli & Rice	 Roasted Broccoli Quinoa Salad	 Orange Sesame Tofu with Greens & Rice
Snack 2	 1.5 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Cherry Raspberry Smoothie	 1.5 Cherry Raspberry Smoothie	 1.5 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie
Dinner	 Asparagus, Soba & Tempeh	 Falafel Bowl	 Balsamic Roasted Tempeh Bowls	 Ground Beef, Broccoli & Rice	 Roasted Broccoli Quinoa Salad	 Orange Sesame Tofu with Greens & Rice	 Coconut Cod Tacos

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  28%	Fat  31%	Fat  33%	Fat  31%	Fat  33%	Fat  34%
Carbs  49%	Carbs  51%	Carbs  48%	Carbs  45%	Carbs  47%	Carbs  48%	Carbs  46%
Protein  24%	Protein  21%	Protein  21%	Protein  22%	Protein  22%	Protein  19%	Protein  20%
Calories 1837	Calories 1795	Calories 1832	Calories 1887	Calories 1893	Calories 1843	Calories 1810
Fat 54g	Fat 55g	Fat 64g	Fat 70g	Fat 67g	Fat 69g	Fat 69g
Carbs 224g	Carbs 223g	Carbs 224g	Carbs 219g	Carbs 229g	Carbs 228g	Carbs 212g
Fiber 28g	Fiber 23g	Fiber 27g	Fiber 22g	Fiber 26g	Fiber 26g	Fiber 25g
Sugar 45g	Sugar 34g	Sugar 41g	Sugar 34g	Sugar 38g	Sugar 49g	Sugar 38g
Protein 110g	Protein 94g	Protein 95g	Protein 104g	Protein 105g	Protein 92g	Protein 91g
Cholesterol 111mg	Cholesterol 23mg	Cholesterol 23mg	Cholesterol 675mg	Cholesterol 689mg	Cholesterol 212mg	Cholesterol 294mg
Sodium 2852mg	Sodium 2736mg	Sodium 2021mg	Sodium 1377mg	Sodium 2148mg	Sodium 2859mg	Sodium 2272mg
Vitamin A 2940IU	Vitamin A 1974IU	Vitamin A 11987IU	Vitamin A 17091IU	Vitamin A 7787IU	Vitamin A 11871IU	Vitamin A 11277IU
Vitamin C 46mg	Vitamin C 44mg	Vitamin C 66mg	Vitamin C 138mg	Vitamin C 252mg	Vitamin C 257mg	Vitamin C 215mg
Calcium 786mg	Calcium 746mg	Calcium 796mg	Calcium 628mg	Calcium 956mg	Calcium 1490mg	Calcium 1231mg
Iron 16mg	Iron 17mg	Iron 18mg	Iron 16mg	Iron 17mg	Iron 18mg	Iron 15mg

Fruits

- 1/4 Avocado
- 1 1/4 Banana
- 1/4 cup Lemon Juice
- 1/4 Lime
- 4 Peach

Breakfast

- 1/4 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 tsps Chili Flakes
- 2 tsps Cinnamon
- 1 1/2 tsps Everything Bagel Seasoning
- 2 tsps Greek Seasoning
- 1 tsp Italian Seasoning
- 1/8 tsp Paprika
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds

Frozen

- 1 1/4 cups Frozen Cherries
- 1 1/2 cups Frozen Edamame
- 156 grams Frozen Falafel
- 1 cup Frozen Green Beans
- 1/4 cup Frozen Peas
- 1 1/4 cups Frozen Raspberries

Vegetables

- 1 cup Arugula
- 3/4 cup Asparagus
- 5 1/3 cups Baby Spinach
- 4 cups Bok Choy
- 5 cups Broccoli
- 2 Carrot
- 1 tbsp Cilantro
- 4 Cremini Mushrooms
- 1/2 Cucumber
- 9 Garlic
- 1 1/8 tsps Ginger
- 1 1/2 cups Microgreens
- 1 cup Mixed Greens
- 3 1/3 cups Mushrooms
- 1/4 cup Radishes
- 3/4 cup Red Onion
- 1 tbsp Watermelon Radish
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 1/2 cup Couscous
- 1 1/3 cups Jasmine Rice
- 1 cup Quinoa
- 3 tsps Tomato Paste
- 30 milliliters Unsweetened Rice Milk

Baking

- 1 tbsp Coconut Flour
- 2 1/4 tsps Nutritional Yeast
- 1 1/8 cups Oats
- 1/4 cup Pitted Dates
- 1/2 tsp Tapioca Flour
- 2 tsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 2 Bagel
- 1/2 Cod Fillet
- 2 Corn Tortilla
- 227 grams Extra Lean Ground Beef
- 113 grams Extra Lean Ground Turkey
- 2 tsps Feta Cheese
- 496 grams Sourdough Bread
- 337 grams Tempeh
- 563 grams Tofu
- 3 slices Whole Grain Bread

Condiments & Oils

- 2 1/4 tsps Apple Cider Vinegar
- 1 1/3 tsps Balsamic Vinegar
- 2 1/2 tsps Coconut Butter
- 2 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Miso Paste
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 1 1/2 tsps Tamari

Cold

- 2 tsps Butter
- 2 cups Cottage Cheese
- 2 1/2 cups Cow's Milk, Reduced Fat
- 8 1/4 Egg
- 1/2 cup Orange Juice
- 1/4 cup Tzatziki
- 3 cups Unsweetened Cashew Milk

Other

- 3 tsps Sugar Free Ketchup
- 2/3 cup Vanilla Protein Powder
- 1 1/16 cups Water



Smashed Edamame & Mushroom Sandwich

3 servings
20 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Mushrooms (sliced)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Frozen Edamame (thawed)
- 1 tbsp Lemon Juice
- 1 cup Arugula
- 298 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	418
Fat	11g
Carbs	57g
Fiber	7g
Sugar	3g
Protein	21g
Cholesterol	0mg
Sodium	487mg
Vitamin A	389IU
Vitamin C	11mg
Calcium	62mg
Iron	5mg

Directions

- 1 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 2 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 3 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

Notes

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

Serving Size: One serving is equal to one sandwich.

More Flavor: Add chili flakes and onion powder.

Additional Toppings: Add cucumber and tomato.

Gluten-Free: Use gluten-free bread instead of sourdough.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



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.



Bagel & Peanut Butter

2 servings

5 minutes

Ingredients

- 2 Bagel
- 1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	470
Fat	18g
Carbs	62g
Fiber	3g
Sugar	12g
Protein	18g
Cholesterol	0mg
Sodium	449mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	246mg
Iron	4mg

Directions

- 1 Toast the bagel and spread the peanut butter on it. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Otherwise, refrigerate in an airtight container and enjoy within two days.

Additional Toppings: Add sliced bananas and/or a drizzle of honey.

Gluten-Free: Use a gluten-free bagel.



Vegan Cream Cheese Toast with Microgreens

3 servings
10 minutes

Ingredients

- 188 grams Tofu (firm, drained)
- 2 1/4 tsps Nutritional Yeast
- 2 1/4 tsps Apple Cider Vinegar
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/3 tsp Sea Salt
- 1 1/2 tbsps Everything Bagel Seasoning
- 3 slices Whole Grain Bread (lightly toasted)
- 1 1/2 cups Microgreens

Nutrition

Amount per serving	
Calories	215
Fat	8g
Carbs	22g
Fiber	5g
Sugar	5g
Protein	14g
Cholesterol	0mg
Sodium	761mg
Vitamin A	0IU
Vitamin C	11mg
Calcium	230mg
Iron	3mg

Directions

- 1 In a small food processor, add the tofu, nutritional yeast, vinegar, oil, and salt. Blend until smooth. Stir in the everything bagel seasoning.
- 2 Spread the tofu on the toast. Top with the microgreens and enjoy!

Notes

Leftovers: Refrigerate the vegan cream cheese in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

Serving Size: One serving is one toast.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Additional Toppings: Tomato, radishes, cucumbers, green onions, chives and/or black pepper.

Gluten-Free: Use gluten-free bread instead of whole grain bread.



Egg & Spinach on Toast

4 servings
15 minutes

Ingredients

4 Egg
2 tsp Extra Virgin Olive Oil
8 Garlic (cloves, sliced)
2 tsp Chili Flakes
5 1/3 cups Baby Spinach
1/2 tsp Sea Salt (to taste)
198 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	234
Fat	7g
Carbs	28g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	186mg
Sodium	637mg
Vitamin A	4021IU
Vitamin C	14mg
Calcium	78mg
Iron	3mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for 6 1/2 minutes for a soft-boiled egg. Once the egg is done, add to a bowl of ice water and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add garlic and chili flakes and sauté for a minute. Add spinach and cook for two to three minutes or until soft. Season with salt and pepper.
- 3 Add the spinach to the toast. Peel the egg, slice it in half, and place it on top of the spinach. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add onion and tomatoes.

Gluten-Free: Use gluten-free bread instead.



Ground Turkey, Green Beans & Rice

1 serving
20 minutes

Ingredients

- 1/3 tsp Coconut Oil
- 113 grams Extra Lean Ground Turkey
- 1/16 tsp Sea Salt
- 1/4 cup Jasmine Rice (dry/uncooked)
- 1 cup Frozen Green Beans

Nutrition

Amount per serving	
Calories	383
Fat	11g
Carbs	47g
Fiber	5g
Sugar	3g
Protein	26g
Cholesterol	84mg
Sodium	227mg
Vitamin A	648IU
Vitamin C	6mg
Calcium	81mg
Iron	2mg

Directions

- 1 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 2 Meanwhile, cook your rice according to the directions on the package and set aside.
- 3 Steam your green beans.
- 4 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

No Ground Turkey: Use ground chicken, beef, pork, or lamb instead.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Green Beans: Use asparagus, edamame or green peas instead.

Likes it Spicy: Serve with hot sauce.



Peach Cobbler Smoothie

4 servings

5 minutes

Ingredients

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



Cherry Raspberry Smoothie

5 servings

5 minutes

Ingredients

2 1/2 cups Cow's Milk, Reduced Fat
1 1/4 cups Frozen Raspberries
1 1/4 Banana (frozen)
1 1/4 cups Frozen Cherries
2/3 cup Oats
2/3 cup Vanilla Protein Powder
2 1/2 tbsps Coconut Butter

Nutrition

Amount per serving	
Calories	258
Fat	9g
Carbs	31g
Fiber	6g
Sugar	16g
Protein	16g
Cholesterol	12mg
Sodium	81mg
Vitamin A	382IU
Vitamin C	10mg
Calcium	223mg
Iron	1mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 2/3 cup.

Dairy-Free: Use a dairy-free milk such as almond, cashew, or oat.

No Protein Powder: Omit or add a few spoonfuls of hemp seeds instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

No Frozen Fruit: Use fresh instead.



Asparagus, Soba & Tempah

2 servings

15 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)
3/4 cup Asparagus (trimmed, cut into bite sized pieces)
1 1/2 tbsps Miso Paste
1 tbsp Rice Vinegar
1/2 tsp Ginger (fresh, minced)
1 1/2 tbsps Water
170 grams Tempah (cut into strips)
1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	48g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	0mg
Sodium	784mg
Vitamin A	380IU
Vitamin C	3mg
Calcium	122mg
Iron	4mg

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempah and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempah. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempah, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Additional Toppings: Add sliced green onions or red pepper flakes.



Falafel Bowl

2 servings
20 minutes

Ingredients

156 grams Frozen Falafel
1/2 cup Couscous (dry, uncooked)
1 cup Mixed Greens
1/2 Cucumber (small, sliced)
1/4 cup Radishes (thinly sliced)
1/4 cup Tzatziki

Nutrition

Amount per serving	
Calories	469
Fat	16g
Carbs	63g
Fiber	3g
Sugar	3g
Protein	18g
Cholesterol	5mg
Sodium	309mg
Vitamin A	190IU
Vitamin C	9mg
Calcium	138mg
Iron	4mg

Directions

- 1 Cook the falafel and couscous separately, according to each package direction.
- 2 Add the mixed greens, cucumber, and radishes to a bowl. Add the couscous and falafel and top with the tzatziki. Enjoy!

Notes

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

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

Make it Vegan: Use vegan tzatziki.

More Flavor: Add feta and lemon juice.

No Couscous: Use quinoa or rice instead.



Balsamic Roasted Tempeh Bowls

2 servings

1 hour

Ingredients

- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Balsamic Vinegar
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Italian Seasoning
- 167 grams Tempeh
- 1/3 cup Red Onion (medium, sliced)
- 2 Carrot (medium, peeled and chopped)
- 1 1/3 cups Mushrooms (quartered)
- 1 Zucchini (sliced)
- 1/2 cup Quinoa (dry)
- 3/4 cup Water

Nutrition

Amount per serving	
Calories	474
Fat	21g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	69mg
Vitamin A	10393IU
Vitamin C	25mg
Calcium	172mg
Iron	5mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 4 days.



Ground Beef, Broccoli & Rice

2 servings
30 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Broccoli (chopped into florets)
227 grams Extra Lean Ground Beef
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Roasted Broccoli Quinoa Salad

2 servings
35 minutes

Ingredients

175 grams Tofu (extra-firm, pressed and cut into 1-cm cubes)
3 cups Broccoli (cut into florets)
1/2 cup Red Onion (chopped)
1 1/2 tps Extra Virgin Olive Oil
2 tps Greek Seasoning
3 tbsps Lemon Juice (divided)
1/2 cup Quinoa
2 tbsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	351
Fat	13g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	20g
Cholesterol	8mg
Sodium	799mg
Vitamin A	898IU
Vitamin C	134mg
Calcium	388mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 3 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 4 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 5 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

Serving Size: One serving is approximately two cups of salad.

More Flavor: Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

Make it Vegan: Omit the feta or use dairy-free feta instead.

No Broccoli: Use cauliflower or Brussels sprouts instead.

No Greek Seasoning: Use a combination of dried herbs and spices instead.



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.



Coconut Cod Tacos

1 serving
35 minutes

Ingredients

- 1/4 Egg
- 2 tbsps Unsweetened Shredded Coconut
- 1 tbsp Coconut Flour
- 1/8 tsp Paprika
- 1/16 tsp Sea Salt
- 1/2 Cod Fillet (cut into small pieces)
- 2 Corn Tortilla
- 1/4 Yellow Bell Pepper (sliced thinly)
- 1 tbsp Watermelon Radish (thinly sliced)
- 1/4 Lime (juiced)
- 1 tbsp Cilantro (optional, roughly chopped)
- 1/4 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g
Cholesterol	96mg
Sodium	253mg
Vitamin A	495IU
Vitamin C	97mg
Calcium	241mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.