










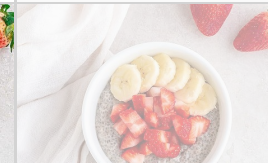
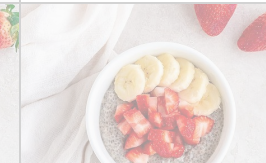
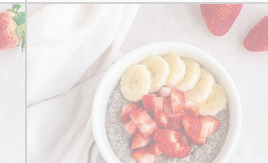

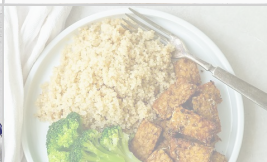










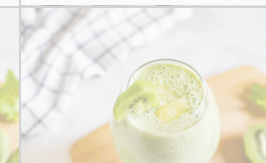



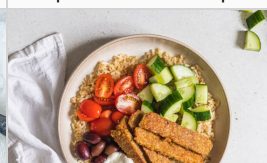


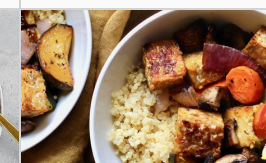
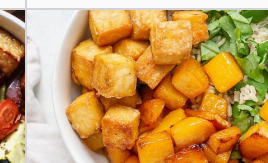

























EXERCISE
with Style

30 Day Balanced 1800 Calorie
Meal Plan PDF (Week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Fried Chickpeas & Spinach Yogurt Bowl	 Fried Chickpeas & Spinach Yogurt Bowl	 Fried Chickpeas & Spinach Yogurt Bowl	 Maple Protein Oatmeal with Blueberries	 Maple Protein Oatmeal with Blueberries	 Banana Protein Oats	 Banana Protein Oats
Snack 1	 1.5 Kefir & Granola Bowl	 1.5 Kefir & Granola Bowl	 Kefir & Granola Bowl	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding
Lunch	 Soy Glazed Tofu & Mushrooms	 Tempeh, Quinoa & Broccoli	 Red Lentil Dahl	 Tempeh, Brown Rice & Tzatziki Bowl	 Tofu Veggie Fried Rice	 Mediterranean Tuna Salad	 Balsamic Roasted Tempeh Bowls
Snack 2	 Persimmon with Yogurt & Pumpkin Seed Butter Dip	 Persimmon with Yogurt & Pumpkin Seed Butter Dip	 Persimmon with Yogurt & Pumpkin Seed Butter Dip	 Pineapple Kiwi Smoothie	 Pineapple Kiwi Smoothie	 Pineapple Kiwi Smoothie	 Pineapple Kiwi Smoothie
Dinner	 Tempeh, Quinoa & Broccoli	 Red Lentil Dahl	 Tempeh, Brown Rice & Tzatziki Bowl	 Tofu Veggie Fried Rice	 Mediterranean Tuna Salad	 Balsamic Roasted Tempeh Bowls	 Maple Roasted Tofu & Rutabaga Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  35%	Fat  34%	Fat  33%	Fat  32%	Fat  31%
Carbs  49%	Carbs  49%	Carbs  48%	Carbs  46%	Carbs  46%	Carbs  45%	Carbs  48%
Protein  17%	Protein  18%	Protein  17%	Protein  20%	Protein  21%	Protein  23%	Protein  21%
Calories 1838	Calories 1877	Calories 1815	Calories 1823	Calories 1840	Calories 1886	Calories 1864
Fat 72g	Fat 70g	Fat 73g	Fat 71g	Fat 70g	Fat 70g	Fat 68g
Carbs 232g	Carbs 238g	Carbs 224g	Carbs 220g	Carbs 219g	Carbs 219g	Carbs 232g
Fiber 39g	Fiber 46g	Fiber 41g	Fiber 28g	Fiber 38g	Fiber 43g	Fiber 38g
Sugar 69g	Sugar 68g	Sugar 56g	Sugar 72g	Sugar 75g	Sugar 71g	Sugar 84g
Protein 83g	Protein 88g	Protein 79g	Protein 94g	Protein 98g	Protein 109g	Protein 101g
Cholesterol 16mg	Cholesterol 16mg	Cholesterol 16mg	Cholesterol 429mg	Cholesterol 456mg	Cholesterol 53mg	Cholesterol 23mg
Sodium 2163mg	Sodium 2091mg	Sodium 1689mg	Sodium 1754mg	Sodium 2669mg	Sodium 1776mg	Sodium 1530mg
Vitamin A 7118IU	Vitamin A 7458IU	Vitamin A 6956IU	Vitamin A 6453IU	Vitamin A 7460IU	Vitamin A 13879IU	Vitamin A 13297IU
Vitamin C 122mg	Vitamin C 124mg	Vitamin C 43mg	Vitamin C 240mg	Vitamin C 259mg	Vitamin C 231mg	Vitamin C 272mg
Calcium 1314mg	Calcium 1064mg	Calcium 925mg	Calcium 2086mg	Calcium 2045mg	Calcium 2107mg	Calcium 2471mg
Iron 19mg	Iron 22mg	Iron 20mg	Iron 14mg	Iron 17mg	Iron 19mg	Iron 16mg

Fruits

- 2 Banana
- 2 1/2 cups Blueberries
- 4 Kiwi
- 1 2/3 tbsps Lemon Juice
- 1/4 Lime
- 2 1/4 tsps Lime Juice
- 3 Persimmon
- 4 cups Pineapple
- 1 cup Strawberries

Breakfast

- 1 cup Granola
- 3 1/3 tbsps Maple Syrup
- 3 tbsps Pumpkin Seed Butter

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1/8 tsp Chili Flakes
- 2 tsps Cinnamon
- 3/4 tsp Cumin
- 2 1/4 tsps Curry Powder
- 1 2/3 tsps Italian Seasoning
- 2 tbsps Pumpkin Seeds
- 1/8 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 3 cups Baby Spinach
- 3 1/16 cups Broccoli
- 2 1/2 Carrot
- 1 stalk Celery
- 1 1/4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1/8 Cucumber
- 3 1/3 Garlic
- 1 3/4 tsps Ginger
- 1/4 head Green Lettuce
- 1 1/2 stalks Green Onion
- 2/3 cup Kale Leaves
- 1 1/3 cups Mushrooms
- 3 tbsps Parsley
- 1/2 cup Purple Cabbage
- 1 1/16 cups Red Onion
- 1 1/3 cups Rutabaga
- 3/4 cup Shiitake Mushrooms
- 1 Zucchini

Boxed & Canned

- 1 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 3/4 cups Cannellini Beans
- 3 cups Chickpeas
- 3/4 cup Dry Red Lentils
- 1/2 cup Jasmine Rice
- 1 cup Quinoa
- 1 can Tuna
- 1 1/2 cups Vegetable Broth

Baking

- 2 tsps Arrowroot Powder
- 2 cups Oats
- 1 tbsp Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 507 grams Tempeh
- 444 grams Tofu

Condiments & Oils

- 1 1/2 tsps Avocado Oil
- 1 tbsp Balsamic Vinaigrette
- 1/4 cup Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 2/3 cup Pitted Kalamata Olives
- 2 1/4 tsps Sesame Oil
- 3 tbsps Tamari

Cold

- 2 tsps Butter
- 2 cups Cow's Milk, Whole
- 4 Egg
- 4 cups Plain Coconut Milk
- 2 3/4 cups Plain Greek Yogurt
- 2 cups Plain Kefir
- 2 tbsps Tzatziki
- 4 cups Unsweetened Almond Milk
- 1 2/3 cups Unsweetened Coconut Yogurt

Other

- 1 cup Vanilla Protein Powder
- 1 cup Water



Fried Chickpeas & Spinach Yogurt Bowl

3 servings
15 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
3 cups Chickpeas (cooked, patted dry)
3/4 tsp Sea Salt
3 cups Baby Spinach (chopped)
1 1/2 cups 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.



Maple Protein Oatmeal with Blueberries

2 servings
15 minutes

Ingredients

- 1 cup Oats
- 2 cups Cow's Milk, Whole (Whole)
- 2 tps Butter
- 2 tps Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg (whisked)
- 1 cup Blueberries

Nutrition

Amount per serving	
Calories	505
Fat	19g
Carbs	65g
Fiber	7g
Sugar	32g
Protein	20g
Cholesterol	221mg
Sodium	477mg
Vitamin A	827IU
Vitamin C	7mg
Calcium	364mg
Iron	3mg

Directions

- 1 In a saucepan over medium heat, add the oats, milk, butter, maple syrup, cinnamon, and salt. Bring to a low boil then reduce the heat to a simmer. Continuously stir as the oats thicken.
- 2 After a few minutes, slowly add the egg while quickly stirring so that it blends well. Keep stirring until the oatmeal is creamy and fluffy.
- 3 Add to a bowl and top with blueberries. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Dairy-Free: Use any milk alternative and coconut oil instead of butter.

No Blueberries: Use blackberries, strawberries, or raspberries.



Banana Protein Oats

2 servings
10 minutes

Ingredients

- 1 cup Oats
- 2 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (sliced, plus extra for garnish)
- 2 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon (plus extra for garnish)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Blueberries
- 2 tsps Unsweetened Coconut Yogurt
- 2 tsps Pumpkin Seeds
- 1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	487
Fat	14g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g
Cholesterol	4mg
Sodium	378mg
Vitamin A	562IU
Vitamin C	9mg
Calcium	646mg
Iron	4mg

Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Gluten-Free: Use certified gluten-free oats.

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

No Coconut Milk: Use another plant-based milk like cashew, oat, or almond.



Kefir & Granola Bowl

4 servings

5 minutes

Ingredients

- 2 cups Plain Kefir
- 1 cup Granola
- 1 cup Blueberries

Nutrition

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

Directions

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

Notes

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Strawberry Banana Chia Pudding

4 servings

3 hours

Ingredients

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

Nutrition

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

Directions

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

Notes

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

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

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



Soy Glazed Tofu & Mushrooms

1 serving
30 minutes

Ingredients

- 1/4 cup Brown Rice
- 1 1/2 tsps Avocado Oil
- 100 grams Tofu (extra-firm, pressed and cubed)
- 3/4 cup Shiitake Mushrooms (stem removed, torn)
- 1 stalk Celery (thinly sliced on a diagonal)
- 1/4 tsp Ginger (fresh, grated or minced)
- 2 1/4 tsps Tamari
- 1/8 tsp Chili Flakes (optional)
- 1/4 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.



Persimmon with Yogurt & Pumpkin Seed Butter Dip

3 servings

5 minutes

Ingredients

3/4 cup Plain Greek Yogurt
3 tbsps Pumpkin Seed Butter
3 Persimmon (sliced)

Nutrition

Amount per serving	
Calories	263
Fat	11g
Carbs	36g
Fiber	7g
Sugar	23g
Protein	9g
Cholesterol	8mg
Sodium	82mg
Vitamin A	3046IU
Vitamin C	16mg
Calcium	138mg
Iron	2mg

Directions

- 1 In a small bowl, whisk together the yogurt and pumpkin seed butter until thoroughly combined.
- 2 Dip the persimmon slices into the yogurt mixture, and enjoy!

Notes

Leftovers: Best enjoyed immediately. Yogurt and pumpkin seed butter dip can be refrigerated in an airtight container for up to one week.



Pineapple Kiwi Smoothie

4 servings

5 minutes

Ingredients

4 cups Pineapple (chopped, fresh or frozen)
4 Kiwi (peeled)
1/4 head Green Lettuce (separated into leaves and washed)
4 cups Unsweetened Almond Milk
2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	244
Fat	6g
Carbs	39g
Fiber	5g
Sugar	25g
Protein	14g
Cholesterol	17mg
Sodium	235mg
Vitamin A	1391IU
Vitamin C	150mg
Calcium	746mg
Iron	1mg

Directions

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

Notes

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavor: Add protein powder, chia seeds, hemp seeds, honey, or mango.



Tempeh, Quinoa & Broccoli

2 servings
55 minutes

Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 170 grams Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	493mg
Vitamin A	617IU
Vitamin C	82mg
Calcium	167mg
Iron	5mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

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

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable 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.



Tempeh, Brown Rice & Tzatziki Bowl

2 servings

30 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

More Flavor: Add hummus and pickled onions.

Make it Vegan: Swap tzatziki out for hummus.



Tofu Veggie Fried Rice

2 servings
35 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 2 1/4 tps Sesame Oil (divided)
- 227 grams Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 1 cup Broccoli (chopped)
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/2 Carrot (medium, diced)
- 2 Egg (large, whisked)
- 1 1/2 tbsps Tamari
- 1 1/2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	410
Fat	16g
Carbs	47g
Fiber	4g
Sugar	4g
Protein	24g
Cholesterol	186mg
Sodium	863mg
Vitamin A	3709IU
Vitamin C	55mg
Calcium	392mg
Iron	4mg

Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Tamari: Use soy sauce or coconut aminos instead.

Additional Toppings: Add corn, mushrooms, or green peas.



Mediterranean Tuna Salad

2 servings

10 minutes

Ingredients

- 1 can Tuna (drained)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (halved)
- 1/4 cup Red Onion (sliced)
- 1 3/4 cups Cannellini Beans (drained and rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 3 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	448
Fat	19g
Carbs	44g
Fiber	12g
Sugar	5g
Protein	26g
Cholesterol	30mg
Sodium	1053mg
Vitamin A	1260IU
Vitamin C	23mg
Calcium	100mg
Iron	7mg

Directions

- 1 In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
- 2 Divide onto plates, serve and enjoy!

Notes

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

Serving Size: One serving is about two cups.

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



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.



Maple Roasted Tofu & Rutabaga Bowl

1 serving

1 hour

Ingredients

2 2/3 tbsps Brown Rice (dry)
2 tsps Maple Syrup
2 tsps Tamari
2 tsps Extra Virgin Olive Oil
1/16 tsp Sea Salt (to taste)
1 1/3 cups Rutabaga (peeled, diced)
117 grams Tofu (extra-firm, pressed and cubed)
2 tsps Arrowroot Powder
2/3 cup Kale Leaves (tough stems removed, chopped)
2 tsps Lemon Juice (to taste)

Nutrition

Amount per serving	
Calories	426
Fat	17g
Carbs	57g
Fiber	7g
Sugar	18g
Protein	18g
Cholesterol	0mg
Sodium	807mg
Vitamin A	678IU
Vitamin C	64mg
Calcium	464mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C). Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, oil, and salt.
- 3 Arrange the diced rutabaga in a glass baking dish and toss with half of the marinade. Cover with a lid or foil and bake for 30 minutes.
- 4 Meanwhile, add the tofu cubes to a bowl and gently toss with the remaining marinade. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 5 Remove the rutabaga from the oven and gently stir. Lower the temperature to 375°F (190°C) and return the rutabaga to the oven, uncovered. At this time, place the tofu in the oven as well. Cook both for an additional 25 minutes, flipping the tofu halfway.
- 6 Divide the kale, brown rice, rutabaga, and crispy tofu into bowls. Top with lemon juice and salt to taste (optional). Enjoy!

Notes

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

Additional Toppings: Sliced green onion, sauerkraut, or other pickled veggies.

No Rutabaga: Use sweet potato, parsnip, or squash and adjust cooking times accordingly.

Tofu: This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.