

















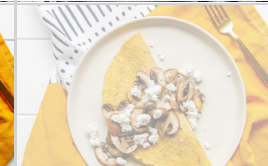

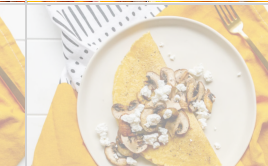


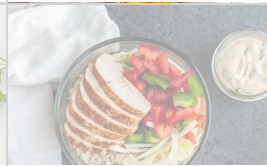



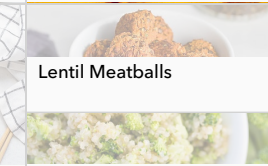

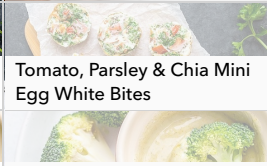
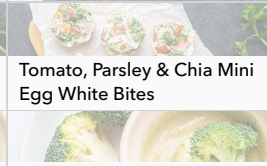
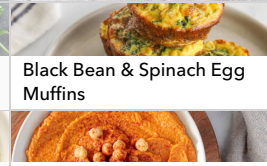
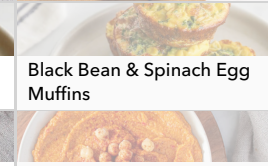
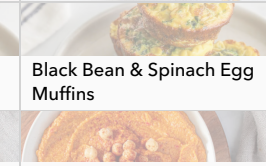
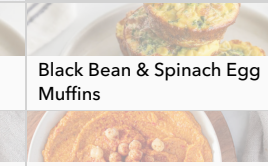

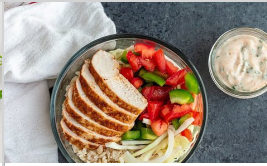



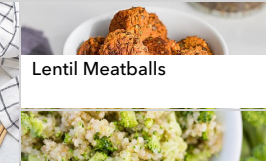





















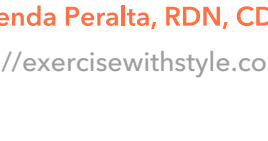

























EXERCISE
with Style

12 Week Carb Cycling Meal
Plan for Females (High Carb) 6

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Kale & Zucchini Mini Egg White Bites	 Kale & Zucchini Mini Egg White Bites	 Kale & Zucchini Mini Egg White Bites	 Turkey Chili	 Turkey Chili	 Ethiopian Lentil Stew	 Ethiopian Lentil Stew
	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Green Beans & Cauliflower Rice	 Green Beans & Cauliflower Rice	 Roasted Mini Peppers	 Roasted Mini Peppers
Snack 1	 4 Savory Chickpea & Spinach Muffins	 3 Savory Chickpea & Spinach Muffins	 3 Savory Chickpea & Spinach Muffins	 0.5 Mushroom & Feta Chickpea Omelette	 0.5 Mushroom & Feta Chickpea Omelette	 0.5 Mushroom & Feta Chickpea Omelette	 0.5 Mushroom & Feta Chickpea Omelette
	 Tofu Veggie Wrap	 Tuna & Capers Pasta	 Southwest Chicken Meal Prep Bowls	 Chicken, Cabbage & Wild Rice	 Spaghetti with Mussels	 Cucumber Soba Noodles with Tempeh	 Lentil Meatballs
Lunch	 Tofu Veggie Wrap	 Tuna & Capers Pasta	 Southwest Chicken Meal Prep Bowls	 Chicken, Cabbage & Wild Rice	 Spaghetti with Mussels	 Cucumber Soba Noodles with Tempeh	 Cheezy Broccoli Quinoa
	 Tomato, Parsley & Chia Mini Egg White Bites	 Tomato, Parsley & Chia Mini Egg White Bites	 Tomato, Parsley & Chia Mini Egg White Bites	 Black Bean & Spinach Egg Muffins	 Black Bean & Spinach Egg Muffins	 Black Bean & Spinach Egg Muffins	 Black Bean & Spinach Egg Muffins
Snack 2	 1.5 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Roasted Red Pepper Hummus	 Roasted Red Pepper Hummus	 Roasted Red Pepper Hummus	 Roasted Red Pepper Hummus
	 Tuna & Capers Pasta	 Southwest Chicken Meal Prep Bowls	 Chicken, Cabbage & Wild Rice	 Spaghetti with Mussels	 Cucumber Soba Noodles with Tempeh	 Lentil Meatballs	 Pressure Cooker Cajun Black Eyed Pea Soup
Dinner	 Tuna & Capers Pasta	 Southwest Chicken Meal Prep Bowls	 Chicken, Cabbage & Wild Rice	 Spaghetti with Mussels	 Cucumber Soba Noodles with Tempeh	 Cheezy Broccoli Quinoa	 Cheezy Broccoli & Jalapeno Soup

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  22%	Fat  21%	Fat  20%	Fat  21%	Fat  24%	Fat  24%
Carbs  48%	Carbs  47%	Carbs  48%	Carbs  50%	Carbs  52%	Carbs  53%	Carbs  54%
Protein  30%	Protein  31%	Protein  31%	Protein  30%	Protein  27%	Protein  23%	Protein  22%
Calories 1445	Calories 1413	Calories 1469	Calories 1413	Calories 1511	Calories 1499	Calories 1436
Fat 37g	Fat 35g	Fat 35g	Fat 32g	Fat 36g	Fat 40g	Fat 40g
Carbs 184g	Carbs 174g	Carbs 179g	Carbs 185g	Carbs 198g	Carbs 201g	Carbs 200g
Fiber 48g	Fiber 40g	Fiber 38g	Fiber 39g	Fiber 35g	Fiber 37g	Fiber 51g
Sugar 28g	Sugar 21g	Sugar 22g	Sugar 32g	Sugar 32g	Sugar 24g	Sugar 32g
Protein 112g	Protein 114g	Protein 117g	Protein 110g	Protein 101g	Protein 85g	Protein 84g
Cholesterol 30mg	Cholesterol 112mg	Cholesterol 174mg	Cholesterol 295mg	Cholesterol 203mg	Cholesterol 97mg	Cholesterol 97mg
Sodium 3864mg	Sodium 2576mg	Sodium 3283mg	Sodium 2732mg	Sodium 2092mg	Sodium 1722mg	Sodium 4479mg
Vitamin A 12704IU	Vitamin A 6678IU	Vitamin A 6727IU	Vitamin A 9526IU	Vitamin A 9425IU	Vitamin A 7054IU	Vitamin A 10224IU
Vitamin C 444mg	Vitamin C 356mg	Vitamin C 400mg	Vitamin C 283mg	Vitamin C 241mg	Vitamin C 425mg	Vitamin C 677mg
Calcium 1418mg	Calcium 912mg	Calcium 916mg	Calcium 468mg	Calcium 529mg	Calcium 391mg	Calcium 505mg
Iron 25mg	Iron 20mg	Iron 15mg	Iron 25mg	Iron 26mg	Iron 21mg	Iron 27mg

Fruits

- 1/2 Lemon
- 2 tbsps Lemon Juice
- 2 tbsps Lime Juice

Seeds, Nuts & Spices

- 3 1/4 tbsps Almonds
- 1 tbsps Berbere Spice
- 1/2 tsp Cajun Seasoning
- 2 1/4 tsps Chia Seeds
- 1/3 tsp Chili Flakes
- 2 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1 1/3 tbsps Curry Powder
- 1 1/8 tsps Garlic Powder
- 1 1/4 tsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1/8 tsp Onion Powder
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/2 tsps Smoked Paprika
- 1 1/2 tsps Taco Seasoning

Frozen

- 1 Brown Rice Tortilla
- 2 2/3 tbsps Frozen Spinach

Vegetables

- 2 2/3 cups Baby Spinach
- 10 1/2 cups Broccoli
- 3/4 Carrot
- 1/2 head Cauliflower
- 1 3/4 stalks Celery
- 3 2/3 tbsps Cilantro
- 4 Cremini Mushrooms
- 1 1/4 Cucumber
- 12 1/8 Garlic
- 1 1/2 tsps Ginger
- 3 cups Green Beans
- 3/4 Green Bell Pepper
- 4 1/2 cups Green Cabbage
- 1/2 Jalapeno Pepper
- 1 1/2 cups Kale Leaves
- 303 grams Mini Peppers
- 3/4 Orange Bell Pepper
- 1 1/16 cups Parsley
- 1/2 cup Purple Cabbage
- 2 1/4 Red Bell Pepper
- 2 1/8 tbsps Shallot
- 2 1/2 Tomato
- 1/4 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 1/3 Zucchini

Boxed & Canned

- 1 cup Black Beans
- 1/2 cup Black Eyed Peas
- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 100 grams Buckwheat Soba Noodles
- 1 cup Chicken Broth
- 113 grams Chickpea Pasta
- 1 1/3 cups Chickpeas
- 1/2 cup Crushed Tomatoes
- 1/2 cup Diced Tomatoes
- 3 1/4 tbsps Dry Green Lentils
- 2/3 cup Dry Red Lentils
- 3 cups Fava Beans

Bread, Fish, Meat & Cheese

- 454 grams Chicken Breast
- 113 grams Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 454 grams Mussels
- 170 grams Tempeh
- 141 grams Tofu

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 2 tsps Avocado Oil
- 8 grams Avocado Oil Spray
- 1 tbsps Capers
- 2 tbsps Coconut Aminos
- 2 1/16 tsps Coconut Oil
- 1 2/3 tbsps Extra Virgin Olive Oil
- 3 tbsps Tahini
- 1 tbsps Tamari

Cold

- 1 1/2 tsps Butter
- 2 1/16 Egg
- 1 1/2 cups Egg Whites
- 2 1/2 cups Unsweetened Coconut Yogurt

Other

- 5 1/2 cups Water

- 1/3 cup Fire Roasted Diced Tomatoes
- 1/2 cup Quinoa
- 1/2 cup Red Kidney Beans
- 2 1/16 tsps Tomato Paste
- 1 can Tuna
- 2 1/2 cups Vegetable Broth
- 1/2 cup Wild Rice

Baking

- 3/4 tsp Baking Powder
- 2 1/2 cups Chickpea Flour
- 1/3 cup Nutritional Yeast



Kale & Zucchini Mini Egg White Bites

3 servings
25 minutes

Ingredients

- 3/4 cup Egg Whites
- 3/4 cup Kale Leaves (finely chopped)
- 1/3 Zucchini (medium, finely diced)
- 1/8 tsp Garlic Powder
- 1/8 tsp Onion Powder
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	39
Fat	0g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	253mg
Vitamin A	302IU
Vitamin C	9mg
Calcium	22mg
Iron	0mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, kale, zucchini, garlic powder, onion powder, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

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

Serving Size: One serving equals approximately four mini egg muffins.

More Flavor: Add a splash of tamari or soy sauce.

Additional Toppings: Add goat cheese, feta cheese, or vegan cheese.



Egyptian Fava Beans with Tahini

3 servings
15 minutes

Ingredients

- 3 cups Fava Beans (cooked, with liquid)
- 3 tbsps Tahini
- 1/2 tsp Cumin
- 1 1/2 tps Apple Cider Vinegar
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	223mg
Vitamin A	40IU
Vitamin C	1mg
Calcium	129mg
Iron	4mg

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

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

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Turkey Chili

2 servings
40 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
113 grams Extra Lean Ground Turkey
1/4 Yellow Onion (chopped)
1/2 cup Diced Tomatoes
1/2 cup Crushed Tomatoes
1/2 cup Black Beans (cooked, rinsed)
1/2 cup Red Kidney Beans (cooked, rinsed)
1/2 Carrot (chopped)
1 1/4 stalks Celery (chopped)
1/4 Red Bell Pepper (chopped)
1/4 Jalapeno Pepper (chopped)
2 1/4 tsps Chili Powder
1/4 tsp Cumin
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	7g
Carbs	31g
Fiber	12g
Sugar	7g
Protein	20g
Cholesterol	42mg
Sodium	577mg
Vitamin A	4462IU
Vitamin C	35mg
Calcium	114mg
Iron	5mg

Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

Notes

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

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

More Flavor: Add a pinch of cayenne.

Additional Toppings: Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

More Veggies: Add sliced mushrooms, sliced kale, or baby spinach.



Green Beans & Cauliflower Rice

2 servings
15 minutes

Ingredients

- 3 cups Green Beans (trimmed, fresh or frozen)
- 1/2 head Cauliflower (chopped into small pieces)

Nutrition

Amount per serving	
Calories	83
Fat	1g
Carbs	18g
Fiber	7g
Sugar	8g
Protein	6g
Cholesterol	0mg
Sodium	53mg
Vitamin A	1035IU
Vitamin C	89mg
Calcium	88mg
Iron	2mg

Directions

- 1 Bring a half-inch of water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 2 Add cauliflower florets in batches to the food processor and process until a rice-like consistency is reached. Sauté the cauliflower rice in a skillet over medium-high heat for about 3 to 5 minutes, or until warmed through.
- 3 Divide the green beans and cauliflower rice into bowls or onto plates. Enjoy!

Notes

No Food Processor: Use a box grater or pulse the cauliflower florets in a blender, occasionally scraping down the sides. You may also use a knife to finely chop the florets.

Save Time: Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Leftovers: Refrigerate in an airtight container for up to four days. The cauliflower rice may be frozen for longer.

Serving Size: One serving is equal to approximately 1 cup of cauliflower rice and 1.5 cups of green beans.

More Flavor: Serve with hot sauce or your favorite spices.



Ethiopian Lentil Stew

2 servings
2 hours 30 minutes

Ingredients

- 2 tsps Coconut Oil
- 1 1/3 Garlic (cloves, minced)
- 1 tsp Ginger (peeled, grated)
- 1 tbsp Berbere Spice
- 2/3 cup Dry Red Lentils (soaked at least two hours, drained and rinsed)
- 2 tsps Tomato Paste
- 1 1/3 cups Water
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	309
Fat	5g
Carbs	49g
Fiber	11g
Sugar	2g
Protein	18g
Cholesterol	0mg
Sodium	292mg
Vitamin A	127IU
Vitamin C	2mg
Calcium	37mg
Iron	6mg

Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the garlic, ginger, and Berbere spice. Cook for about one minute.
- 2 Stir in the lentils and tomato paste and cook for two to three more minutes. Add the water, salt, and black pepper. Bring to a boil and then lower to a gentle simmer for about 30 minutes, or until the sauce has thickened to your preference.
- 3 Divide into bowls, garnish with cilantro and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add cumin, smoked paprika, and spiced butter. Use vegetable broth instead of water.

Additional Toppings: Serve with injera, rice, or collard greens.



Roasted Mini Peppers

2 servings
20 minutes

Ingredients

302 grams Mini Peppers (halved and seeds removed)
2 tps Extra Virgin Olive Oil
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	84
Fat	5g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	197mg
Vitamin A	3113IU
Vitamin C	288mg
Calcium	0mg
Iron	1mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with foil or parchment.
- 2 Toss mini peppers in the oil and salt, and transfer to the baking sheet cut side down. Roast for 13 to 15 minutes or until slightly charred.
- 3 Remove from oven and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 5 days.



Savory Chickpea & Spinach Muffins

10 servings
1 hour 10 minutes

Ingredients

- 1 1/2 cups Chickpea Flour
- 3 1/3 tbsps Nutritional Yeast
- 3/4 tsp Baking Powder
- 1 1/16 tsps Sea Salt
- 3/4 tsp Smoked Paprika
- 1 2/3 cups Water
- 3/4 Orange Bell Pepper (chopped)
- 1 2/3 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	69
Fat	1g
Carbs	10g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	309mg
Vitamin A	600IU
Vitamin C	30mg
Calcium	41mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 3 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 4 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 5 Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

Serving Size: One serving is one muffin.

More Flavor: Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

Additional Toppings: Cheese and/or fresh herbs.

Doneness: When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.



Mushroom & Feta Chickpea Omelette

2 servings

15 minutes

Ingredients

7 grams Avocado Oil Spray (divided)
4 Cremini Mushrooms (sliced)
1 cup Chickpea Flour
1 cup Water
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
2 tbsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	213
Fat	5g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	13g
Cholesterol	8mg
Sodium	436mg
Vitamin A	58IU
Vitamin C	1mg
Calcium	80mg
Iron	3mg

Directions

- 1 Heat half of the avocado oil spray in a large pan over medium heat. Add the mushrooms and sauté for three to four minutes. Remove from the pan and set aside.
- 2 Meanwhile, mix the chickpea flour, water, garlic powder, and sea salt together. Spray the pan with the remaining oil spray and add the chickpea mixture. Cook for three minutes.
- 3 Fold the omelette in half and remove it from the pan. Top the omelette with mushrooms and feta. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is one omelette.

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

Additional Toppings: Add chopped parsley, dill, and/or hot sauce.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



Tofu Veggie Wrap

1 serving
25 minutes

Ingredients

- 141 grams Tofu (extra firm, pressed, sliced)
- 1 tbsp Tamari
- 1 Brown Rice Tortilla
- 1 cup Baby Spinach
- 1/4 Cucumber (julienned)
- 1/4 Carrot (julienned)
- 1/2 cup Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	316
Fat	10g
Carbs	38g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	1229mg
Vitamin A	5936IU
Vitamin C	37mg
Calcium	468mg
Iron	5mg

Directions

- 1 Marinate the tofu slices in tamari for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

Notes

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

More Flavor: Add additional tamari or sesame oil to the wrap.

Additional Toppings: Sesame seeds, avocado, mushrooms or bell peppers.

No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread.

No Tofu: Use tempeh or edamame.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Tomato, Parsley & Chia Mini Egg White Bites

3 servings
25 minutes

Ingredients

- 3/4 cup Egg Whites
- 1 1/2 Tomato (small, diced, juices drained)
- 3/4 cup Parsley (chopped)
- 2 1/4 tsp Chia Seeds
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	60
Fat	1g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	428mg
Vitamin A	2111IU
Vitamin C	29mg
Calcium	47mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, tomato, parsley, chia seeds, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

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

Serving Size: One serving equals approximately five mini muffins.

More Flavor: Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese, feta cheese, or vegan cheese.



Broccoli & Spiced Yogurt

4 servings

5 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
1 1/3 tbsps Curry Powder
8 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	124
Fat	4g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	86mg
Vitamin A	1134IU
Vitamin C	162mg
Calcium	346mg
Iron	2mg

Directions

- 1 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

Notes

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

More Flavor: Add salt and pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.



Black Bean & Spinach Egg Muffins

4 servings
30 minutes

Ingredients

- 2 Egg
- 1/2 cup Black Beans
- 2 2/3 tbsps Frozen Spinach (thawed, drained)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	63
Fat	3g
Carbs	5g
Fiber	2g
Sugar	0g
Protein	5g
Cholesterol	93mg
Sodium	41mg
Vitamin A	898IU
Vitamin C	0mg
Calcium	28mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
- 2 In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
- 3 Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

Notes

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

Serving Size: One serving is one egg muffin.

More Flavor: Add cheese, oregano, bell pepper, cilantro, and/or corn.

Freezer Meal: After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.



Roasted Red Pepper Hummus

4 servings
40 minutes

Ingredients

- 2 Red Bell Pepper (quartered)
- 3 1/3 Garlic (cloves, skin left on)
- 1 gram Avocado Oil Spray
- Sea Salt & Black Pepper (to taste)
- 1 1/3 cups Chickpeas (drained, rinsed)
- 2 tbsps Lemon Juice
- 2/3 tsp Smoked Paprika

Nutrition

Amount per serving	
Calories	112
Fat	2g
Carbs	20g
Fiber	6g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	7mg
Vitamin A	2067IU
Vitamin C	80mg
Calcium	37mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake in the oven for 30 minutes.
- 2 Remove the garlic cloves from their peel. Add them along with the roasted red peppers, chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
- 3 Season with additional salt and pepper, if needed. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size: One serving is equal to approximately 1/4 to 1/3 of a cup.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



Tuna & Capers Pasta

2 servings
30 minutes

Ingredients

- 113 grams Chickpea Pasta
- 1 tsp Extra Virgin Olive Oil
- 4 Garlic (cloves, sliced)
- 1/3 tsp Chili Flakes
- 1 tbsp Capers
- 1 can Tuna (drained and flaked)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	34g
Fiber	8g
Sugar	5g
Protein	31g
Cholesterol	30mg
Sodium	366mg
Vitamin A	214IU
Vitamin C	5mg
Calcium	69mg
Iron	7mg

Directions

- 1 Cook the pasta according to package directions. Drain and set aside.
- 2 Heat the oil in a large pan over medium heat. Add the garlic and chili flakes and cook for two minutes.
- 3 Add the pasta and capers to the pan. Cook for two to three minutes or until warmed through. Add tuna and additional seasoning if needed. Cook for another minute.
- 4 Divide the pasta between serving bowls. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups.

Additional Toppings: Top with parmesan cheese or nutritional yeast.

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

No Chickpea Pasta: Use pasta of choice.



Southwest Chicken Meal Prep Bowls

2 servings
50 minutes

Ingredients

- 1/2 cup Brown Rice
- 227 grams Chicken Breast
- 2 tsps Avocado Oil (divided)
- 1 1/2 tsps Taco Seasoning (divided)
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Lime Juice
- 1 tbsp Cilantro
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1/2 Green Bell Pepper (medium, chopped)
- 1 Tomato (medium, chopped)

Nutrition

Amount per serving	
Calories	415
Fat	11g
Carbs	48g
Fiber	5g
Sugar	4g
Protein	31g
Cholesterol	82mg
Sodium	293mg
Vitamin A	1077IU
Vitamin C	60mg
Calcium	176mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the rice according to package directions. Let the rice cool slightly.
- 3 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 4 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 5 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

More Flavor: Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

Additional Toppings: Lime wedges, cilantro, or chopped green onion.

No Brown Rice: Use quinoa or cauliflower rice instead.

No Cabbage: Use romaine lettuce or kale instead.



Chicken, Cabbage & Wild Rice

2 servings
50 minutes

Ingredients

- 1/2 cup Wild Rice (dry)
- 1 cup Chicken Broth
- 227 grams Chicken Breast
- 3 cups Green Cabbage (sliced into steaks)
- 1 1/2 tps Butter (melted)
- 1/2 tsp Sea Salt
- 1/2 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	346
Fat	7g
Carbs	39g
Fiber	6g
Sugar	6g
Protein	34g
Cholesterol	92mg
Sodium	1073mg
Vitamin A	263IU
Vitamin C	49mg
Calcium	73mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the wild rice in the broth according to the package directions.
- 3 Add the chicken and cabbage steaks onto a baking sheet. Add the melted butter, salt, and garlic powder. Use your hands to coat well. Bake in the oven for 30 minutes or until cooked through.
- 4 Serve the chicken and cabbage with rice. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one chicken breast, two cabbage steaks, and 1/2 cup of wild rice.

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: Marinate the chicken. Add tamari and/or hot sauce.

Dairy-Free: Use any cooking oil instead of butter.



Spaghetti with Mussels

2 servings
30 minutes

Ingredients

- 1/2 cup Brown Rice Spaghetti
- 1/2 cup Water (reserved from cooking pasta)
- 454 grams Mussels
- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1/3 cup Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	57g
Fiber	3g
Sugar	3g
Protein	32g
Cholesterol	64mg
Sodium	763mg
Vitamin A	772IU
Vitamin C	29mg
Calcium	88mg
Iron	11mg

Directions

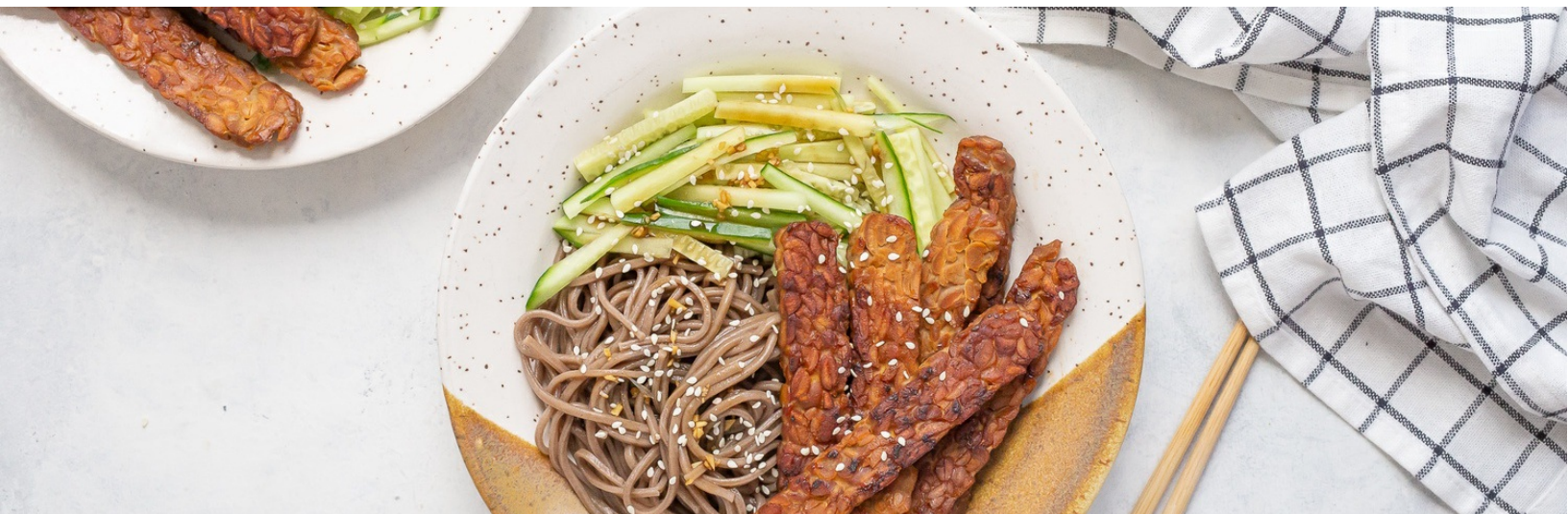
- 1 Cook the pasta according to the package directions. Reserve the pasta water and drain.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Warm the oil in a pan over medium heat. Add the onion and cook for three to four minutes or until translucent. Add garlic and cook for another minute.
- 4 Add the broth to the pan and bring to simmer. Transfer mussels to the simmering liquid and cover with a lid. Let them steam for six to eight minutes or until the mussels have opened.
- 5 Add the drained pasta to the pan along with a splash of the pasta water. Stir and let simmer for about three minutes. Season with salt and pepper and add more pasta water as needed.
- 6 Evenly divide the pasta and mussels onto plates. Top with lemon juice and parsley. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4 1/2 ounces.

More Flavor: Add chili flakes and cream.



Cucumber Soba Noodles with Tempeh

2 servings
25 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)
2 tbsps Coconut Aminos
1 tbsp Lime Juice
1/2 tsp Ginger (fresh, grated or minced)
170 grams Tempeh (cut into strips)
1 Cucumber (medium, julienned)
1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	444
Fat	11g
Carbs	52g
Fiber	2g
Sugar	6g
Protein	25g
Cholesterol	0mg
Sodium	433mg
Vitamin A	162IU
Vitamin C	7mg
Calcium	134mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. 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 tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Add garlic and/or maple syrup.

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



Lentil Meatballs

2 servings

35 minutes

Ingredients

- 3 1/4 tbsps Dry Green Lentils (rinsed)
- 1/3 cup Vegetable Broth
- 1/4 tsp Extra Virgin Olive Oil
- 2 1/8 tbsps Shallot (chopped)
- 1 1/4 tbsps Ground Flax Seed
- 1 1/4 tbsps Water
- 1 2/3 tbsps Parsley (chopped)
- 1 2/3 tbsps Nutritional Yeast
- 3 1/4 tbsps Almonds (chopped)
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	200
Fat	8g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	509mg
Vitamin A	369IU
Vitamin C	6mg
Calcium	62mg
Iron	3mg

Directions

- 1 Add lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
- 4 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 5 In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
- 6 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!

Notes

Leftovers: Refrigerate for up to seven days. Freeze for up to two months.

Serving Size: One serving is approximately three balls.

Serve it With: Serve with a side of veggies or on top of pasta.

More Flavor: Add minced garlic with the shallot. Add tomato paste and/or tamari for more flavor.



Chezy Broccoli Quinoa

2 servings
20 minutes

Ingredients

1/2 cup Quinoa (uncooked)
1 cup Water
1 cup Broccoli (chopped into florets)
1 1/2 tsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	180
Fat	3g
Carbs	31g
Fiber	5g
Sugar	1g
Protein	9g
Cholesterol	0mg
Sodium	25mg
Vitamin A	289IU
Vitamin C	41mg
Calcium	53mg
Iron	3mg

Directions

- 1 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsely chop.
- 3 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tips: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter: Rinse your quinoa before cooking.

More Flavour: Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.



Pressure Cooker Cajun Black Eyed Pea Soup

1 serving
25 minutes

Ingredients

- 3/4 cup Vegetable Broth
- 1/4 Yellow Onion (chopped)
- 1/2 stalk Celery (chopped)
- 1/4 Yellow Bell Pepper (chopped)
- 1/2 Garlic (cloves, minced)
- 1/2 tsp Cajun Seasoning
- 1/3 cup Fire Roasted Diced Tomatoes
- 3/4 cup Kale Leaves (roughly chopped)
- 1/4 tsp Sea Salt
- 1/2 cup Black Eyed Peas (from the can, drained and rinsed)
- 1 1/3 tbsps Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	165
Fat	1g
Carbs	31g
Fiber	9g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	1878mg
Vitamin A	1805IU
Vitamin C	107mg
Calcium	138mg
Iron	4mg

Directions

- 1 Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add the onion, celery and bell pepper and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the cajun seasoning. Stir to combine.
- 2 Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3 Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups.

No Fire Roasted Tomatoes: Use regular canned tomatoes.



Cheezy Broccoli & Jalapeno Soup

1 serving
30 minutes

Ingredients

- 2 tbsps Water
- 1/4 Yellow Onion (medium, chopped)
- 1/4 Green Bell Pepper (large, chopped)
- 1/4 Jalapeno Pepper (medium, seeds removed and chopped)
- 1 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1 1/2 cups Broccoli (chopped into florets)
- 1 cup Vegetable Broth
- 2 tbsps Hemp Seeds
- 2 1/4 tsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	216
Fat	10g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	0mg
Sodium	1312mg
Vitamin A	1527IU
Vitamin C	152mg
Calcium	110mg
Iron	5mg

Directions

- 1 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 2 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 3 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Likes it Spicy: Add extra jalapeno pepper or red pepper flakes.

Broccoli: This recipe can be made with fresh or frozen broccoli.

No Hemp Seeds: Use soaked, raw cashews instead.

Extra Greens: Add baby spinach before blending.