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with Style

12 Week Carb Cycling Meal
Plan for Males (Low Carb) 3

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls	 Smoked Salmon Avocado Yogurt Bowls	 Tofu Veggie Scramble	 Tofu Veggie Scramble	 Peanut Butter & Jam Egg Rollups	 Peanut Butter & Jam Egg Rollups
	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble	 Cauliflower Hashbrowns	 Cauliflower Hashbrowns	 Cleaned Up Biscuits	 Cleaned Up Biscuits
Snack 1	 Chocolate Avocado Smoothie	 Chocolate Avocado Smoothie	 Chocolate Avocado Smoothie	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari
	 Chicken, Kale & Cauliflower Bowls	 Shahi Paneer	 Pork Chops with Creamy Cabbage	 Cheesy Cabbage Rolls	 One Pan Olive Pesto Pork Chops	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 Tandoori Tofu & Mixed Greens Salad
Snack 2	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame
	 Shahi Paneer	 Pork Chops with Creamy Cabbage	 Cheesy Cabbage Rolls	 One Pan Olive Pesto Pork Chops	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 Tandoori Tofu & Mixed Greens Salad	 Zucchini Noodle Lasagna
Dinner	 Shahi Paneer	 Pork Chops with Creamy Cabbage	 Cheesy Cabbage Rolls	 One Pan Olive Pesto Pork Chops	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 Tandoori Tofu & Mixed Greens Salad	 Zucchini Noodle Lasagna

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  53%	Fat  53%	Fat  54%	Fat  57%	Fat  54%	Fat  52%	Fat  53%
Carbs  19%	Carbs  19%	Carbs  17%	Carbs  18%	Carbs  20%	Carbs  20%	Carbs  19%
Protein  28%	Protein  28%	Protein  29%	Protein  25%	Protein  26%	Protein  28%	Protein  28%
Calories 1987	Calories 2000	Calories 2022	Calories 1967	Calories 1926	Calories 1960	Calories 1975
Fat 125g	Fat 122g	Fat 126g	Fat 128g	Fat 122g	Fat 118g	Fat 120g
Carbs 99g	Carbs 101g	Carbs 91g	Carbs 91g	Carbs 99g	Carbs 106g	Carbs 99g
Fiber 44g	Fiber 36g	Fiber 35g	Fiber 39g	Fiber 37g	Fiber 34g	Fiber 35g
Sugar 30g	Sugar 40g	Sugar 37g	Sugar 32g	Sugar 31g	Sugar 40g	Sugar 39g
Protein 145g	Protein 147g	Protein 149g	Protein 128g	Protein 129g	Protein 143g	Protein 146g
Cholesterol 201mg	Cholesterol 225mg	Cholesterol 237mg	Cholesterol 260mg	Cholesterol 161mg	Cholesterol 704mg	Cholesterol 778mg
Sodium 2607mg	Sodium 2672mg	Sodium 1955mg	Sodium 1994mg	Sodium 2343mg	Sodium 3840mg	Sodium 3689mg
Vitamin A 7010IU	Vitamin A 5198IU	Vitamin A 6887IU	Vitamin A 8329IU	Vitamin A 7398IU	Vitamin A 3521IU	Vitamin A 2912IU
Vitamin C 254mg	Vitamin C 162mg	Vitamin C 175mg	Vitamin C 268mg	Vitamin C 328mg	Vitamin C 198mg	Vitamin C 80mg
Calcium 2222mg	Calcium 2347mg	Calcium 1869mg	Calcium 1105mg	Calcium 1099mg	Calcium 1628mg	Calcium 1508mg
Iron 16mg	Iron 17mg	Iron 20mg	Iron 28mg	Iron 28mg	Iron 26mg	Iron 27mg

Fruits

- 2 3/4 Avocado
- 3/4 Lemon

Breakfast

- 3 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 1/4 cup Cashews
- 1/3 tsp Chili Powder
- 1/2 tsp Coriander
- 3/4 tsp Dried Basil
- 1 tbsp Everything Bagel Seasoning
- 1/4 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1/2 tsp Oregano
- 1 1/2 tps Paneer Masala
- 2 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Taco Seasoning
- 2 tps Tandoori Masala
- 1/2 tsp Turmeric

Frozen

- 14 cups Edamame Pods
- 4 cups Frozen Edamame

Vegetables

- 4 cups Baby Spinach
- 1/2 head Cauliflower
- 2 cups Cherry Tomatoes
- 1 tsp Chives
- 1 1/4 Cucumber
- 2 1/4 tps Fresh Dill
- 5 1/2 Garlic
- 1 1/2 tps Ginger
- 1 cup Green Beans
- 2 cups Green Cabbage
- 1 Green Chili Pepper
- 2 cups Kale Leaves
- 1 Leeks
- 4 cups Mixed Greens
- 3/4 cup Oyster Mushrooms
- 3 cups Purple Cabbage
- 1 1/2 Red Bell Pepper
- 2 cups Red Onion
- 1/2 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 1 1/2 Zucchini

Boxed & Canned

- 3/4 cup Crushed Tomatoes
- 1/4 cup Tomato Paste
- 1/4 cup Vegetable Broth

Baking

- 3 tbsps Almond Flour
- 1 tbsp Arrowroot Powder
- 1/4 tsp Baking Powder
- 2 1/3 tps Coconut Flour
- 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 43 grams Cheddar Cheese
- 113 grams Chicken Breast
- 113 grams Extra Lean Ground Beef
- 227 grams Lean Ground Beef
- 43 grams Mozzarella Cheese
- 43 grams Pancetta
- 170 grams Paneer Cheese
- 454 grams Pork Chop
- 150 grams Smoked Salmon
- 249 grams Tempeh
- 1.2 kilograms Tofu

Condiments & Oils

- 1/3 cup Avocado Oil
- 1 cup Black Olives
- 2 tps Coconut Aminos
- 2 1/2 tps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 3 tps Fig Jam
- 1 1/3 tps Tamari
- 1/3 cup Tomato Sauce
- 1/2 cup White Distilled Vinegar

Cold

- 1 1/2 cups Cow's Milk, Whole
- 8 1/8 Egg
- 2 1/4 tps Ghee
- 1/2 cup Plain Goat Milk Yogurt
- 1 1/2 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 4 Barbecue Skewers
- 3/4 cup Chocolate Protein Powder
- 1 1/3 tps Water



Smoked Salmon Avocado Yogurt Bowls

3 servings
10 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3/4 Cucumber (sliced)
- 150 grams Smoked Salmon (sliced)
- 1 1/2 Avocado (sliced)
- 2 1/4 tsp Fresh Dill (chopped)
- 1 tbsp Avocado Oil
- 1/3 tsp Sea Salt
- 1/3 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	364
Fat	24g
Carbs	18g
Fiber	7g
Sugar	5g
Protein	23g
Cholesterol	28mg
Sodium	710mg
Vitamin A	905IU
Vitamin C	22mg
Calcium	280mg
Iron	2mg

Directions

- 1 Divide yogurt, cucumber, salmon and avocado into bowls or containers. Top with chopped dill, avocado oil and salt. Garnish with a lemon wedge.
- 2 Enjoy immediately or refrigerate until ready to eat.

Notes

- Storage:** Refrigerate in an airtight container up to three days.
More Protein: Add cooked or roasted chickpeas.



Mushroom & Tofu Scramble

3 servings
10 minutes

Ingredients

- 3/4 cup Oyster Mushrooms (sliced)
- 1/4 cup Vegetable Broth (divided)
- 340 grams Tofu (extra firm, drained, crumbled)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	268mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Tofu Veggie Scramble

2 servings
15 minutes

Ingredients

220 grams Tofu (firm)
1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
1 cup Baby Spinach (chopped)
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	11g
Fiber	5g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	33mg
Vitamin A	3270IU
Vitamin C	81mg
Calcium	348mg
Iron	5mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers: Store in the fridge up to 3 to 4 days.



Cauliflower Hashbrowns

2 servings
40 minutes

Ingredients

- 1/3 head Cauliflower (chopped into small florets)
- 2/3 Egg
- 1 1/3 tbsps Coconut Flour
- 1/3 tsp Coconut Oil
- 1/3 tsp Onion Powder
- 1/3 tsp Chili Powder
- 43 grams Cheddar Cheese (grated)
- 1 tsp Chives (diced)

Nutrition

Amount per serving	
Calories	164
Fat	10g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	10g
Cholesterol	83mg
Sodium	215mg
Vitamin A	509IU
Vitamin C	48mg
Calcium	186mg
Iron	1mg

Directions

- 1 Heat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor, add the cauliflower and process until it forms a rice-like consistency. Remove the cauliflower rice from the food processor and add it to a cheesecloth or kitchen towel. Squeeze the cloth until all of the liquid is gone.
- 3 In a large mixing bowl, add in the cauliflower rice, eggs, coconut flour, coconut oil, onion powder and chili powder. Mix with a wooden spoon until evenly combined. Once the mixture is formed, fold in the grated cheese.
- 4 Form the mixture into medium-sized balls and shape into hashbrown patties on your parchment-lined baking sheet. Bake the hashbrowns for 20 minutes, flipping halfway. Remove from the oven and let them cool slightly.
- 5 Top the hashbrowns with the chives and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to one month. For best results, reheat in the oven.

Serving Size: One serving equals approximately one hashbrown.

Dairy-Free: Use a dairy-free cheese or nutritional yeast instead.

No Food Processor: Buy pre-made cauliflower rice.



Peanut Butter & Jam Egg Rollups

2 servings

10 minutes

Ingredients

- 1 tsp Coconut Oil
- 6 Egg (whisked)
- 3 tbsps All Natural Peanut Butter
- 3 tbsps Fig Jam

Nutrition

Amount per serving	
Calories	424
Fat	29g
Carbs	17g
Fiber	1g
Sugar	12g
Protein	24g
Cholesterol	558mg
Sodium	217mg
Vitamin A	810IU
Vitamin C	0mg
Calcium	96mg
Iron	3mg

Directions

- 1 Warm the oil in a large pan over medium-low heat. Add the whisked eggs to the pan, allowing it to spread evenly across the whole bottom of the pan. Cook for eight minutes, flipping halfway through.
- 2 Remove the egg wrap from the pan and lay it flat on a plate. Spread the peanut butter and jam on top of the egg wrap, then roll it up. Slice into rollups and enjoy!

Notes

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

Serving Size: One serving is equal to one wrap.

More Flavor: Add cinnamon. Use cream cheese in place of the peanut butter.

No Fig Jam: Use any type of jam or mashed berries.



Cleaned Up Biscuits

2 servings
30 minutes

Ingredients

- 3 tbsps Almond Flour
- 1 tbsp Coconut Flour
- 1/4 tsp Baking Powder
- 1 1/8 tps Coconut Oil (chilled)
- 1 1/2 Egg (whites only)

Nutrition

Amount per serving	
Calories	152
Fat	12g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	7g
Cholesterol	140mg
Sodium	122mg
Vitamin A	203IU
Vitamin C	0mg
Calcium	77mg
Iron	2mg

Directions

- 1 Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
- 2 Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
- 3 Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
- 4 Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
- 5 Remove from oven. Let cool then enjoy!

Notes

Serving Size: One biscuit per serving.

Serve Them With: Soup, butter, ghee or our Turkey Gravy.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Chocolate Avocado Smoothie

3 servings

5 minutes

Ingredients

3/4 Avocado
3 cups Unsweetened Almond Milk
3 tbsps Almond Butter
3 cups Baby Spinach
3/4 cup Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Sugar	1g
Protein	25g
Cholesterol	4mg
Sodium	227mg
Vitamin A	3386IU
Vitamin C	13mg
Calcium	655mg
Iron	2mg

Directions

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

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Steamed Edamame with Tamari

4 servings
10 minutes

Ingredients

8 cups Edamame Pods
1 1/3 tbsps Tamari

Nutrition

Amount per serving	
Calories	261
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	27g
Cholesterol	0mg
Sodium	349mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	143mg
Iron	5mg

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
More Flavor: Add sesame oil, finishing salt, and/or sesame seeds.



Chicken, Kale & Cauliflower Bowls

1 serving
45 minutes

Ingredients

- 1/4 head Cauliflower (chopped into florets)
- 1 tbsp Avocado Oil (divided)
- 113 grams Chicken Breast (skinless, boneless)
- 1/16 tsp Sea Salt
- 2 cups Kale Leaves (thinly sliced)
- 1/4 Lemon (juiced)
- 1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	474
Fat	33g
Carbs	19g
Fiber	11g
Sugar	4g
Protein	32g
Cholesterol	82mg
Sodium	272mg
Vitamin A	2202IU
Vitamin C	125mg
Calcium	157mg
Iron	2mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

Notes

Leftovers: Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs: Serve with roasted sweet potato.

No Avocado Oil: Use coconut oil instead.



Edamame with Everything Bagel Seasoning

3 servings
10 minutes

Ingredients

- 6 cups Edamame Pods
- 1 1/2 tsps Avocado Oil
- 1 tbsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	278
Fat	13g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	214mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	142mg
Iron	5mg

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
- 3 Toss the edamame pods in oil and sprinkle everything bagel seasoning overtop. Enjoy!

Notes

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

More Flavor: Add finishing salt to taste.

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.



Salt & Vinegar Roasted Edamame

4 servings
1 hour 10 minutes

Ingredients

- 4 cups Frozen Edamame (thawed)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup White Distilled Vinegar
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	253
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	600mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	100mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the edamame, oil, vinegar, and salt. Toss to combine. Let the edamame marinate for 10 to 15 minutes.
- 3 Drain the edamame of any excess liquid and spread it out evenly onto the baking sheet.
- 4 Place in the oven and cook for 30 to 40 minutes, or until golden brown, stirring halfway through. Cool for 10 minutes. Enjoy!

Notes

Leftovers: Store at room temperature in an airtight container for up to four days. Re-crisp in the oven as needed.

Serving Size: One serving is approximately one cup.

No Distilled Vinegar: Use apple cider vinegar instead.



Shahi Paneer

2 servings
30 minutes

Ingredients

- 2 1/4 tps Ghee
- 1 Green Chili Pepper (seeds removed, sliced)
- 1 1/4 cups Red Onion (large, diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tps Ginger (fresh, grated)
- 1/2 tsp Coriander (ground)
- 1 1/2 tps Paneer Masala
- 1/2 tsp Sea Salt (to taste)
- 3/4 cup Crushed Tomatoes (from the can)
- 1 cup Unsweetened Coconut Yogurt
- 170 grams Paneer Cheese (cubed)

Nutrition

Amount per serving	
Calories	460
Fat	30g
Carbs	29g
Fiber	6g
Sugar	13g
Protein	25g
Cholesterol	87mg
Sodium	916mg
Vitamin A	463IU
Vitamin C	71mg
Calcium	665mg
Iron	2mg

Directions

- 1 Heat the ghee in a pot over medium heat. Add the green chili pepper, onions, garlic, and ginger. Cook for five to eight minutes, or until the onions are translucent.
- 2 Add the coriander, paneer masala, and salt. Cook for one minute, then add the tomatoes. Bring to a gentle simmer and cook for five minutes, covered.
- 3 Stir in the yogurt and paneer, cover, and cook for 15 minutes. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add red chili powder, cashew paste, kasoori methi leaves, red bell peppers, peas, cauliflower, or extra chilies.

Additional Toppings: Top with cilantro. Serve it with naan or rice.

No Paneer Masala: Use garam masala instead.

No Coconut Yogurt: Use plain yogurt, coconut milk, or cream instead.



Pork Chops with Creamy Cabbage

2 servings
30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
227 grams Pork Chop (boneless)
Sea Salt & Black Pepper (to taste)
43 grams Pancetta (thick slices, cubed)
1/2 Yellow Onion (medium, halved and sliced)
2 cups Green Cabbage (thinly sliced)
1 tbsp Arrowroot Powder
1 1/2 cups Cow's Milk, Whole

Nutrition

Amount per serving	
Calories	487
Fat	30g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	34g
Cholesterol	106mg
Sodium	337mg
Vitamin A	390IU
Vitamin C	33mg
Calcium	282mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Heat the oil over medium-high heat in a large oven-proof pan. Season the pork chops with salt and pepper and add them to the pan. Brown them for three minutes on each side. Set aside.
- 3 Reduce the heat to medium. Add the pancetta and cook until crispy, about two minutes. Add the onion and the cabbage and cook, stirring occasionally, until mostly softened for about five to seven minutes.
- 4 Sprinkle in the arrowroot powder and stir to coat. Add the milk, stirring constantly until it thickens a bit for about three minutes, and season with salt and pepper.
- 5 Place the pork chops in the sauce surrounded by the cabbage mixture and bake in the oven for 10 to 12 minutes, or until the pork is cooked through. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of cabbage topped with pork.

More Flavor: Add garlic powder and dried rosemary to the cabbage mixture.

No Pancetta: Use bacon instead.



Cheesy Cabbage Rolls

2 servings

1 hour

Ingredients

1 tbsp Avocado Oil (divided)
1/4 Yellow Onion (diced)
1 1/2 Garlic (cloves, minced)
227 grams Lean Ground Beef
1/4 cup Tomato Paste (divided)
3/4 tsp Dried Basil (divided)
1/2 tsp Oregano (dried, divided)
Sea Salt & Black Pepper (to taste)
3 cups Purple Cabbage (large, whole leaves, separated)
1/4 tsp Garlic Powder
43 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	482
Fat	34g
Carbs	19g
Fiber	5g
Sugar	10g
Protein	27g
Cholesterol	99mg
Sodium	199mg
Vitamin A	2152IU
Vitamin C	84mg
Calcium	187mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C). Heat half of the oil in a pan over medium heat. Add the diced onion and cook for two minutes.
- 2 Add the garlic and stir for a minute. Add the ground beef and cook for eight minutes or until browned. Add 1/4 of the tomato paste, half of the basil, half of the oregano, salt, and pepper.
- 3 While the beef is cooking, blanch the cabbage leaves. Fill a large shallow pot with water and bring it to a boil. Fill a large bowl with cold water and ice and set aside. One at a time, place each cabbage leaf into the boiling water for two minutes, or until soft enough to roll. Transfer to the ice bath until cooled. Set aside. Repeat with the remaining cabbage leaves.
- 4 In a small bowl combine the garlic powder, salt, and pepper with the remaining tomato paste, oil, basil, and oregano.
- 5 Fill each cabbage leaf with approximately 1/3 to 1/2 cup of beef mixture. Fold in the sides of the cabbage leaf and roll it up. Set in a baking dish. Repeat until the mixture is used up.
- 6 Top the cabbage rolls with the sauce and mozzarella cheese. Transfer the dish to the oven and bake for 30 minutes. Serve and enjoy!

Notes

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

Serving Size: A 12 x 9-inch dish was used to make four servings. One serving is approximately two cabbage rolls.

Dairy-Free: Use a plant-based cheese that melts instead of mozzarella.

Additional Fillings: Add vegetables to the beef mixture like zucchini, carrot, bell peppers, or jalapenos.

Make it Vegan: Use crumbled tofu, tempeh, or lentils instead of beef.



One Pan Olive Pesto Pork Chops

2 servings
30 minutes

Ingredients

- 1 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 227 grams Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1 cup Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)

Nutrition

Amount per serving	
Calories	601
Fat	45g
Carbs	20g
Fiber	6g
Sugar	5g
Protein	31g
Cholesterol	78mg
Sodium	598mg
Vitamin A	1936IU
Vitamin C	23mg
Calcium	141mg
Iron	8mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with foil.
- 2 In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
- 3 Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
- 4 Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto: If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

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



Grilled Taco Seasoned Tempeh & Veggie Skewers

2 servings
35 minutes

Ingredients

249 grams Tempeh (cut into cubes)
1 Zucchini (small, chopped)
1/2 Red Bell Pepper (chopped)
1/2 Yellow Bell Pepper (chopped)
1/2 cup Red Onion (chopped)
2 tbsps Avocado Oil
2 tbsps Coconut Aminos
2 tsps Taco Seasoning
4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	441
Fat	28g
Carbs	27g
Fiber	3g
Sugar	9g
Protein	28g
Cholesterol	0mg
Sodium	548mg
Vitamin A	1221IU
Vitamin C	144mg
Calcium	181mg
Iron	5mg

Directions

- 1 Add all of the ingredients, except the barbecue skewers, to a bowl and toss to combine. Marinate for 10 to 15 minutes.
- 2 Thread the vegetables and tempeh onto the barbecue skewers.
- 3 Heat the grill over medium heat. Place the skewers on the grill and cook for three to four minutes per side or until the vegetables and tempeh are slightly charred. Brush the remaining marinade onto each skewer. Enjoy!

Notes

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

Serving Size: One serving is two skewers.

No Taco Seasoning: Use other seasoning blend of choice.



Tandoori Tofu & Mixed Greens Salad

2 servings
20 minutes

Ingredients

- 1/2 cup Plain Goat Milk Yogurt
- 2 tbsps Tandoori Masala
- 624 grams Tofu (cut into squares)
- 4 cups Mixed Greens
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (sliced)
- 1/4 cup Red Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	429
Fat	23g
Carbs	25g
Fiber	9g
Sugar	9g
Protein	39g
Cholesterol	6mg
Sodium	2004mg
Vitamin A	825IU
Vitamin C	22mg
Calcium	1031mg
Iron	7mg

Directions

- 1 Preheat the grill to medium heat.
- 2 In a large shallow bowl, mix the yogurt with the tandoori masala. Add the tofu and coat well.
- 3 Gently shake off the excess marinade from the tofu and place the tofu on the grill. Save the marinade. Grill the tofu for three to four minutes on each side or until there are crispy grill marks.
- 4 Meanwhile, in a large salad bowl, add the mixed greens, tomatoes, cucumber, and red onion.
- 5 Top the salad with the grilled tofu and drizzle the remaining marinade on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the tofu and dressing separately from the salad.

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Add chopped walnuts, sesame seeds, mint and/or cilantro.

No Goat Yogurt: Use another yogurt or milk alternative yogurt.



Zucchini Noodle Lasagna

1 serving
20 minutes

Ingredients

- 1/3 tsp Extra Virgin Olive Oil
- 113 grams Extra Lean Ground Beef
- 1/8 tsp Sea Salt (divided)
- 1/3 cup Tomato Sauce
- 1/4 cup Cashews (soaked, drained and rinsed)
- 1/8 Lemon (juiced)
- 1/3 tsp Nutritional Yeast
- 1 1/3 tbsps Water
- 1/2 Zucchini (medium, ends trimmed)

Nutrition

Amount per serving	
Calories	456
Fat	30g
Carbs	20g
Fiber	4g
Sugar	8g
Protein	31g
Cholesterol	74mg
Sodium	397mg
Vitamin A	612IU
Vitamin C	26mg
Calcium	61mg
Iron	6mg

Directions

- 1 Heat oil in a saucepan over medium-high heat. Cook the ground beef for about 5 minutes and drain any excess liquid. Season with half the salt and add the tomato sauce. Let simmer for about 10 minutes.
- 2 Meanwhile, add the soaked cashews, lemon juice, nutritional yeast, water and remaining salt to a blender. Blend until creamy.
- 3 Slice your zucchini length-wise using a peeler. Divide onto plates and top with the tomato sauce and cashew mixture. Garnish with nutritional yeast (optional). Enjoy!

Notes

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

Vegetarian & Vegan: Use lentils instead of ground beef and adjust tomato sauce as needed.

No Lemon: Use apple cider vinegar instead.

No Cashews: Use macadamia nuts instead.