
















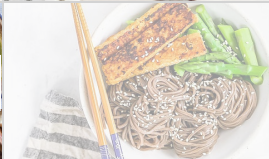

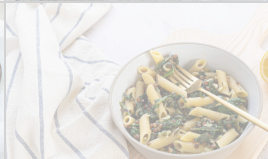


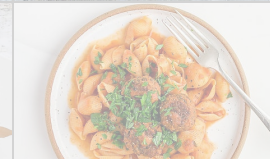







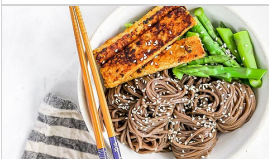





























**EXERCISE**  
*with Style*

12 Week Vegan Carb Cycling  
Meal Plan (High Carb) 1

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Jackfruit Carrot Smoothie	 Jackfruit Carrot Smoothie	 Jackfruit Carrot Smoothie	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie
Snack 1	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Pineapple Spinach Smoothie	 1.5 Pineapple Spinach Smoothie	 1.5 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie
Lunch	 Spinach, Cauliflower & White Bean Soup	 Asparagus, Soba & Tempeh	 Spicy Tofu & Cauliflower Soup	 Lemony Lentil & Spinach Pasta	 Tempeh, Quinoa & Broccoli	 Tomato & Mushroom Chickpea Pasta	 Lentil Meatballs & Pasta
Snack 2	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie
Dinner	 Asparagus, Soba & Tempeh	 Spicy Tofu & Cauliflower Soup	 Lemony Lentil & Spinach Pasta	 Tempeh, Quinoa & Broccoli	 Tomato & Mushroom Chickpea Pasta	 Lentil Meatballs & Pasta	 Peanut & Edamame Chickpea Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  20%	Fat  22%	Fat  20%	Fat  21%	Fat  21%	Fat  22%	Fat  23%
Carbs  52%	Carbs  51%	Carbs  54%	Carbs  53%	Carbs  51%	Carbs  50%	Carbs  49%
Protein  28%	Protein  27%	Protein  26%	Protein  26%	Protein  28%	Protein  28%	Protein  28%
Calories 1826	Calories 1791	Calories 1867	Calories 1790	Calories 1797	Calories 1826	Calories 1728
Fat 41g	Fat 44g	Fat 44g	Fat 44g	Fat 46g	Fat 48g	Fat 48g
Carbs 247g	Carbs 233g	Carbs 263g	Carbs 251g	Carbs 244g	Carbs 246g	Carbs 230g
Fiber 53g	Fiber 46g	Fiber 63g	Fiber 48g	Fiber 46g	Fiber 61g	Fiber 58g
Sugar 96g	Sugar 92g	Sugar 95g	Sugar 88g	Sugar 103g	Sugar 90g	Sugar 84g
Protein 130g	Protein 126g	Protein 126g	Protein 123g	Protein 135g	Protein 137g	Protein 128g
Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 14mg	Cholesterol 14mg	Cholesterol 12mg
Sodium 2751mg	Sodium 4914mg	Sodium 4242mg	Sodium 1245mg	Sodium 1578mg	Sodium 1659mg	Sodium 1775mg
Vitamin A 27762IU	Vitamin A 15550IU	Vitamin A 23619IU	Vitamin A 18234IU	Vitamin A 11894IU	Vitamin A 7308IU	Vitamin A 5430IU
Vitamin C 314mg	Vitamin C 208mg	Vitamin C 245mg	Vitamin C 468mg	Vitamin C 482mg	Vitamin C 307mg	Vitamin C 258mg
Calcium 1889mg	Calcium 2009mg	Calcium 2013mg	Calcium 2306mg	Calcium 2715mg	Calcium 2802mg	Calcium 2373mg
Iron 19mg	Iron 18mg	Iron 23mg	Iron 20mg	Iron 22mg	Iron 31mg	Iron 29mg

**Fruits**

- 2 Apple
- 2 Banana
- 1 cup Blueberries
- 1 1/2 cups Cherries
- 3 cups Jackfruit
- 9 Kiwi
- 1/8 Lemon
- 1/4 cup Lemon Juice
- 4 Lime
- 3 Peach
- 5 cups Pineapple

**Seeds, Nuts & Spices**

- 3 1/4 tbsps Almonds
- 1 1/2 tbsps Cajun Seasoning
- 2 tbsps Cashews
- 1/3 cup Chia Seeds
- 1/8 tsp Chili Flakes
- 3 1/3 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2/3 tsp Italian Seasoning
- 1/16 tsp Paprika
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tbsps Turmeric

**Frozen**

- 1 cup Cauliflower Rice
- 3 cups Frozen Blueberries
- 1/2 cup Frozen Edamame
- 2 cups Frozen Mango
- 20 Ice Cubes

**Vegetables**

- 3/4 cup Asparagus
- 17 1/2 cups Baby Spinach
- 1 1/2 tbsps Basil Leaves
- 3 1/16 cups Broccoli
- 1/2 cup Butternut Squash
- 3 Carrot
- 1 1/2 heads Cauliflower
- 1/4 cup Cilantro
- 5 Cremini Mushrooms
- 5 3/4 Garlic
- 1/2 tsp Ginger
- 1 Leeks
- 3 1/4 tbsps Parsley
- 2 1/8 tbsps Shallot
- 1/4 White Onion
- 1/4 Yellow Onion

**Boxed & Canned**

- 100 grams Buckwheat Soba Noodles
- 354 grams Chickpea Pasta
- 3 1/4 tbsps Dry Green Lentils
- 1 cup Lentils
- 2 cups Lima Beans
- 3/4 cup Marinara Sauce
- 1/2 cup Quinoa
- 2 1/16 cups Vegetable Broth
- 4 cups Vegetable Broth, Low Sodium
- 1/2 cup White Navy Beans
- 1 1/2 cups Whole Wheat Penne

**Baking**

- 1/2 cup Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 340 grams Tempeh
- 200 grams Tofu

**Condiments & Oils**

- 2 2/3 tbsps Balsamic Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Miso Paste
- 2 tbsps Peanut Sauce
- 1 tbsp Rice Vinegar
- 3/4 cup Tomato Sauce

**Cold**

- 6 1/4 cups Oat Milk
- 2 tbsps Soy Milk
- 13 1/2 cups Unsweetened Almond Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

**Other**

- 5 1/2 cups Vanilla Protein Powder
- 3 1/3 cups Water



## Jackfruit Carrot Smoothie

3 servings

5 minutes

### Ingredients

3 cups Jackfruit (ripe, fresh or frozen)  
3 Carrot (medium, chopped)  
3 3/4 cups Oat Milk (plain, unsweetened)  
3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	417
Fat	8g
Carbs	66g
Fiber	7g
Sugar	43g
Protein	26g
Cholesterol	4mg
Sodium	209mg
Vitamin A	10372IU
Vitamin C	26mg
Calcium	611mg
Iron	1mg

### Directions

1

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

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to one day.

**No Oat Milk:** Use plain coconut milk instead.



## Mango Green Smoothie Bowl

2 servings

5 minutes

### Ingredients

2 Banana (frozen)  
2 cups Frozen Mango  
2 cups Baby Spinach  
1/2 cup Vanilla Protein Powder  
1 1/2 cups Unsweetened Almond Milk  
1 Kiwi (peeled and sliced)  
1 cup Blueberries (fresh or frozen)  
2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	72g
Fiber	11g
Sugar	48g
Protein	27g
Cholesterol	4mg
Sodium	187mg
Vitamin A	5119IU
Vitamin C	118mg
Calcium	529mg
Iron	3mg

### Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

### Notes

**Topping Ideas:** Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

**Turn It Into a Smoothie:** Add more almond milk for a thinner consistency.



## Apple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Oat Milk
- 2 Apple (small, cored, chopped)
- 1 cup Cauliflower Rice (or chopped florets)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Turmeric
- 2 tbsps Chia Seeds (plus more for garnish if desired)

### Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Cholesterol	4mg
Sodium	180mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	664mg
Iron	7mg

### Directions

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

### Notes

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

**More Flavor:** Add ground ginger, cinnamon, or nutmeg.

**No Cauliflower Rice:** Use pumpkin puree or steamed sweet potato instead.

**No Oat Milk:** Use almond, soy, pea, rice, coconut, or dairy milk instead.



## Peach Cherry Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 Peach (medium, pitted)  
1 1/2 cups Cherries (pitted)  
3 tbsps Chia Seeds  
3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
Iron	2mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use cow's milk or any other milk alternative.

**More Fiber:** Add spinach, kale, or ground flax.

**No Fresh Peaches or Cherries:** Use frozen instead.





## Pineapple Spinach Smoothie

5 servings

5 minutes

### Ingredients

5 cups Pineapple (fresh or frozen)  
5 cups Baby Spinach  
20 Ice Cubes  
2 1/2 cups Unsweetened Coconut  
Yogurt  
5 cups Unsweetened Almond Milk  
1 1/4 cups Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**More Fiber:** Add flaxseeds, chia seeds, or hemp seeds.

**Protein Powder:** This recipe was created and tested using vegan protein powder.

**Nut-Free:** Use nut-free milk such as oat milk or coconut milk.

**Ice Cubes:** Four ice cubes are roughly equal to 1/2 cup.



## Spinach, Cauliflower & White Bean Soup

1 serving  
15 minutes

### Ingredients

- 1 1/2 cups Vegetable Broth
- 1/4 White Onion (small, chopped)
- 1 Garlic (clove, finely chopped)
- 1/4 head Cauliflower (small, roughly chopped)
- 1/2 cup White Navy Beans (cooked)
- 1 1/2 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1/8 Lemon (small, juice and zest)

### Nutrition

Amount per serving	
Calories	208
Fat	1g
Carbs	40g
Fiber	14g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	1063mg
Vitamin A	5010IU
Vitamin C	91mg
Calcium	162mg
Iron	4mg

### Directions

- 1 In a large saucepan, add the broth, onion, garlic, and cauliflower. Cook on medium-high for five to eight minutes or until the cauliflower is tender.
- 2 Add the beans and the spinach. Season with salt and pepper, stirring until combined. Continue cooking for two minutes, or until the spinach is slightly wilted. Remove from heat.
- 3 Use an immersion blender or carefully transfer to a blender. Puree the soup until it is smooth.
- 4 Stir in the lemon zest and juice. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

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

**More Flavor:** Add cumin, a pinch of cayenne pepper, or chili flakes for spice. Use baby kale leaves and potatoes instead.

**Additional Toppings:** Chia seeds, hemp seeds, pumpkin seeds, coconut milk, fresh herbs and/or microgreens.



## Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

### Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 tsp Paprika

### Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

### Notes

- Save Time:** Buy frozen, pre-sliced butternut squash cubes.
- More Carbs:** Serve with brown rice macaroni or quinoa.



## Blueberry Protein Smoothie

3 servings

5 minutes

### Ingredients

3/4 cup Vanilla Protein Powder  
3 tbsps Ground Flax Seed  
3 cups Frozen Blueberries  
3 cups Baby Spinach  
3 cups Water (cold)

### Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	68mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg

### Directions

1

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

### Notes

**No Blueberries:** Use any type of frozen berry instead.

**No Protein Powder:** Use hemp seeds instead



## Kiwi Lime Smoothie

4 servings

5 minutes

### Ingredients

4 cups Unsweetened Almond Milk  
8 Kiwi (peeled, halved)  
4 Lime (juiced)  
1 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	209
Fat	4g
Carbs	26g
Fiber	6g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	204mg
Vitamin A	641IU
Vitamin C	141mg
Calcium	618mg
Iron	1mg

### Directions

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

### Notes

**Nut-Free:** Use coconut or oat milk instead of almond milk.

**Additional Toppings:** Add spinach, avocado, kale, ginger or cucumber to your smoothie.

**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.



## 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.



## Spicy Tofu & Cauliflower Soup

2 servings  
25 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

**No Lima Beans:** Use any cooked white bean.



## Lemony Lentil & Spinach Pasta

2 servings  
20 minutes

### Ingredients

- 1 1/2 cups Whole Wheat Penne
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 6 cups Baby Spinach
- 1 cup Lentils (cooked)
- 1/4 cup Lemon Juice
- 3 tbsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	513
Fat	12g
Carbs	78g
Fiber	20g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	112mg
Vitamin A	8449IU
Vitamin C	40mg
Calcium	126mg
Iron	9mg

### Directions

- 1 Cook the pasta according to the package directions.
- 2 Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
- 3 Add the pasta and lentils to the pan. Add the remaining oil, lemon juice, and nutritional yeast and stir to combine. Season with salt and pepper. Stir for a minute, then remove from heat. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/4 cup.

**More Flavor:** Add smoked paprika.





## 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.



## Tomato & Mushroom Chickpea Pasta

2 servings  
15 minutes

### Ingredients

170 grams Chickpea Pasta (uncooked)  
1 tsp Extra Virgin Olive Oil  
5 Cremini Mushrooms (sliced)  
Sea Salt & Black Pepper (to taste)  
3/4 cup Marinara Sauce  
2 tbsps Soy Milk  
1 1/2 tbsps Nutritional Yeast  
1/8 tsp Chili Flakes (optional)  
1 1/2 tbsps Basil Leaves

### Nutrition

Amount per serving	
Calories	390
Fat	10g
Carbs	55g
Fiber	15g
Sugar	11g
Protein	27g
Cholesterol	0mg
Sodium	320mg
Vitamin A	405IU
Vitamin C	10mg
Calcium	102mg
Iron	10mg

### Directions

- 1 Cook the pasta according to the package instructions. Drain and set aside.
- 2 Meanwhile, add the oil to a large skillet over medium-low heat. Once warm, add the mushrooms and cook until softened and the water has released. Season with salt and pepper.
- 3 Reduce the heat to low and add the cooked pasta to the skillet with the mushrooms. Add the sauce, milk, and nutritional yeast. Stir until well combined. Add the chili flakes and basil.
- 4 Divide evenly between bowls and season with salt and pepper if needed. Enjoy!

### Notes

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

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

**No Soy Milk :** Use any type of milk.



## Lentil Meatballs & Pasta

2 servings  
35 minutes

### Ingredients

3 1/4 tbsps Dry Green Lentils  
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 Nutritional Yeast  
3 1/4 tbsps Almonds (chopped)  
1/3 tsp Sea Salt  
3 1/4 tbsps Parsley (divided, chopped)  
113 grams Chickpea Pasta (shells)  
3/4 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g
Cholesterol	0mg
Sodium	581mg
Vitamin A	1052IU
Vitamin C	17mg
Calcium	119mg
Iron	10mg

### Directions

- 1 Add the 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. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

### Notes

**Leftovers:** For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

**Serving Size:** One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

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**More Flavor:** Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



## Peanut & Edamame Chickpea Pasta

1 serving  
15 minutes

### Ingredients

71 grams Chickpea Pasta (dry)  
1/2 cup Frozen Edamame  
2 tbsps Peanut Sauce

### Nutrition

Amount per serving	
Calories	422
Fat	14g
Carbs	55g
Fiber	15g
Sugar	14g
Protein	29g
Cholesterol	0mg
Sodium	561mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	106mg
Iron	9mg

### Directions

- 1 Cook the pasta according to the package directions. In the final two minutes of cooking the pasta, add the frozen edamame and cook. Drain everything together and then add everything back to the pot.
- 2 Add the peanut sauce to the pasta and edamame and stir well. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups of pasta.

**More Flavor:** Add hot sauce, minced garlic, and/or spinach.

**Additional Toppings:** Chopped green onions, hemp hearts, and/or basil.