


















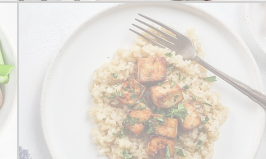











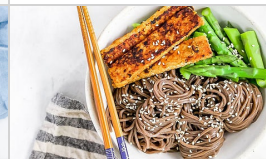
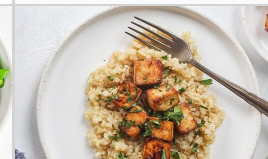

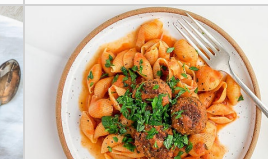

























EXERCISE
with Style

12 Week Vegan Carb Cycling
Meal Plan (High Carb) 2

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Protein Cinnamon & Apple Oats	 Protein Cinnamon & Apple Oats	 Protein Cinnamon & Apple Oats	 Jackfruit Carrot Smoothie	 Jackfruit Carrot Smoothie	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats
Snack 1	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie	 Peach Cherry Smoothie
Lunch	 Egyptian Lentil Soup with Caramelized Onions	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Lemony White Bean & Quinoa Salad	 Asparagus, Soba & Tempeh	 Miso Baked Tofu & Rice	 Spicy Tofu & Cauliflower Soup
Snack 2	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie
Dinner	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Lemony White Bean & Quinoa Salad	 Asparagus, Soba & Tempeh	 Miso Baked Tofu & Rice	 Spicy Tofu & Cauliflower Soup	 Lentil Meatballs & Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  18%	Fat  20%	Fat  19%	Fat  21%	Fat  21%	Fat  22%	Fat  22%
Carbs  54%	Carbs  53%	Carbs  56%	Carbs  54%	Carbs  51%	Carbs  50%	Carbs  50%
Protein  28%	Protein  27%	Protein  25%	Protein  25%	Protein  28%	Protein  28%	Protein  28%
Calories 1788	Calories 1724	Calories 1833	Calories 1891	Calories 1890	Calories 1938	Calories 1799
Fat 37g	Fat 39g	Fat 41g	Fat 44g	Fat 46g	Fat 50g	Fat 47g
Carbs 246g	Carbs 236g	Carbs 272g	Carbs 259g	Carbs 247g	Carbs 255g	Carbs 237g
Fiber 46g	Fiber 45g	Fiber 60g	Fiber 44g	Fiber 37g	Fiber 55g	Fiber 61g
Sugar 62g	Sugar 72g	Sugar 69g	Sugar 83g	Sugar 100g	Sugar 89g	Sugar 80g
Protein 125g	Protein 120g	Protein 118g	Protein 121g	Protein 133g	Protein 140g	Protein 133g
Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 14mg	Cholesterol 14mg	Cholesterol 12mg
Sodium 1427mg	Sodium 1104mg	Sodium 1002mg	Sodium 1592mg	Sodium 2795mg	Sodium 5562mg	Sodium 4609mg
Vitamin A 979IU	Vitamin A 6293IU	Vitamin A 10828IU	Vitamin A 19370IU	Vitamin A 15282IU	Vitamin A 5438IU	Vitamin A 5881IU
Vitamin C 109mg	Vitamin C 119mg	Vitamin C 122mg	Vitamin C 66mg	Vitamin C 64mg	Vitamin C 199mg	Vitamin C 208mg
Calcium 1320mg	Calcium 1265mg	Calcium 1271mg	Calcium 1724mg	Calcium 2401mg	Calcium 2478mg	Calcium 1780mg
Iron 20mg	Iron 21mg	Iron 25mg	Iron 16mg	Iron 15mg	Iron 23mg	Iron 27mg

Fruits

- 3 Apple
- 3 Banana
- 1/2 cup Blueberries
- 2 1/2 cups Cherries
- 2 cups Jackfruit
- 2/3 Lemon
- 1 tbsp Lime Juice
- 5 Peach
- 3 cups Pineapple
- 1/2 cup Raspberries

Breakfast

- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 2/3 tbsps Almonds
- 1 1/2 tbsps Cajun Seasoning
- 1/2 cup Chia Seeds
- 1 1/8 tsps Cinnamon
- 1/3 tsp Cumin
- 2/3 cup Ground Flax Seed
- 3 1/2 tbsps Hemp Seeds
- 1 tbsp Italian Seasoning
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 1/2 tsps Turmeric

Frozen

- 4 cups Frozen Blueberries
- 6 Ice Cubes

Vegetables

- 3/4 cup Asparagus
- 4 cups Baby Spinach
- 3 Carrot
- 1 head Cauliflower
- 1/2 cup Cilantro
- 1 1/4 Cucumber
- 1 1/3 Garlic
- 1 3/4 tbsps Ginger
- 1 Leeks
- 1 1/2 cups Mixed Greens
- 1 2/3 tbsps Parsley
- 1 1/16 tbsps Shallot
- 1/2 Sweet Potato
- 3/4 Yellow Onion

Boxed & Canned

- 2/3 cup Brown Rice
- 200 grams Buckwheat Soba Noodles
- 198 grams Chickpea Pasta
- 1 cup Crushed Tomatoes
- 1 2/3 tbsps Dry Green Lentils
- 1/4 cup Dry Red Lentils
- 1 cup Fava Beans
- 1/2 cup Lentils
- 2 cups Lima Beans
- 1 cup Quinoa
- 3 1/4 tbsps Vegetable Broth
- 5 cups Vegetable Broth, Low Sodium
- 1 cup White Navy Beans

Baking

- 2 1/3 tsps Nutritional Yeast
- 2 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 340 grams Tempeh
- 521 grams Tofu

Condiments & Oils

- 1/2 tsp Apple Cider Vinegar
- 2 tbsps Coconut Aminos
- 2 1/2 tbsps Extra Virgin Olive Oil
- 2 3/4 tbsps Miso Paste
- 1 tbsp Rice Vinegar
- 1 tbsp Tahini
- 1 1/3 tbsps Tamari
- 1/3 cup Tomato Sauce

Cold

- 2 1/2 cups Oat Milk
- 1 cup Soy Milk
- 8 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 5 1/2 cups Vanilla Protein Powder
- 12 1/8 cups Water



Protein Cinnamon & Apple Oats

3 servings

10 minutes

Ingredients

- 3 cups Water
- 1 1/2 cups Oats
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Ground Flax Seed
- 1/3 tsp Cinnamon
- 3 Apple (diced)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	56g
Fiber	11g
Sugar	19g
Protein	26g
Cholesterol	4mg
Sodium	47mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	183mg
Iron	3mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 2 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

Notes

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

Additional Toppings: Chopped pecans, walnuts, and/or banana.



Jackfruit Carrot Smoothie

2 servings

5 minutes

Ingredients

2 cups Jackfruit (ripe, fresh or frozen)
2 Carrot (medium, chopped)
2 1/2 cups Oat Milk (plain, unsweetened)
1/2 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.



Mixed Berry Protein Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 1/2 cup Vanilla Protein Powder
- 1 cup Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 2 tbsps Maple Syrup
- 1/2 cup Blueberries
- 1/2 cup Raspberries
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	449
Fat	11g
Carbs	60g
Fiber	9g
Sugar	22g
Protein	31g
Cholesterol	4mg
Sodium	107mg
Vitamin A	31IU
Vitamin C	12mg
Calcium	385mg
Iron	4mg

Directions

- 1 In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- 2 Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Soy Milk: Use any type of milk.

Additional Toppings: Cinnamon, coconut flakes, nut butter, nuts, and seeds.



Banana Cinnamon Smoothie

3 servings

5 minutes

Ingredients

3/4 cup Vanilla Protein Powder
3 tbsps Ground Flax Seed
3 tbsps Chia Seeds
3 Banana (frozen)
6 Ice Cubes
3 cups Water
3/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg

Directions

1

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

Notes

No Protein Powder: Use hemp seeds with vanilla extract instead.

Leftovers: Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green: Add spinach.



Peach Cherry Smoothie

5 servings

5 minutes

Ingredients

5 cups Unsweetened Almond Milk
5 Peach (medium, pitted)
2 1/2 cups Cherries (pitted)
1/3 cup Chia Seeds
1 1/4 cups 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.



Egyptian Lentil Soup with Caramelized Onions

1 serving
30 minutes

Ingredients

- 3/4 cup Water
- 1/4 cup Dry Red Lentils (rinsed)
- 1/3 Yellow Onion (medium, peeled and sliced, divided)
- 1/3 Garlic (cloves, minced)
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	209
Fat	1g
Carbs	39g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	478mg
Vitamin A	6IU
Vitamin C	4mg
Calcium	49mg
Iron	6mg

Directions

- 1 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 2 Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
- 3 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 4 Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 5 Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings: Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

No Lemon Juice: Use apple cider vinegar instead.

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

Storage: Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.



Egyptian Fava Beans with Tahini

1 serving
15 minutes

Ingredients

- 1 cup Fava Beans (cooked, with liquid)
- 1 tbsp Tahini
- 1/8 tsp Cumin
- 1/2 tsp Apple Cider Vinegar
- 1/16 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.



Pineapple Turmeric Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 cups Pineapple (diced into chunks)
1 1/2 tbsps Ginger (peeled and grated)
3/4 cup Vanilla Protein Powder
1 1/2 tsps Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	201mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Iron	2mg

Directions

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

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Blueberry Protein Smoothie

4 servings

5 minutes

Ingredients

1 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
4 cups Frozen Blueberries
4 cups Baby Spinach
4 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

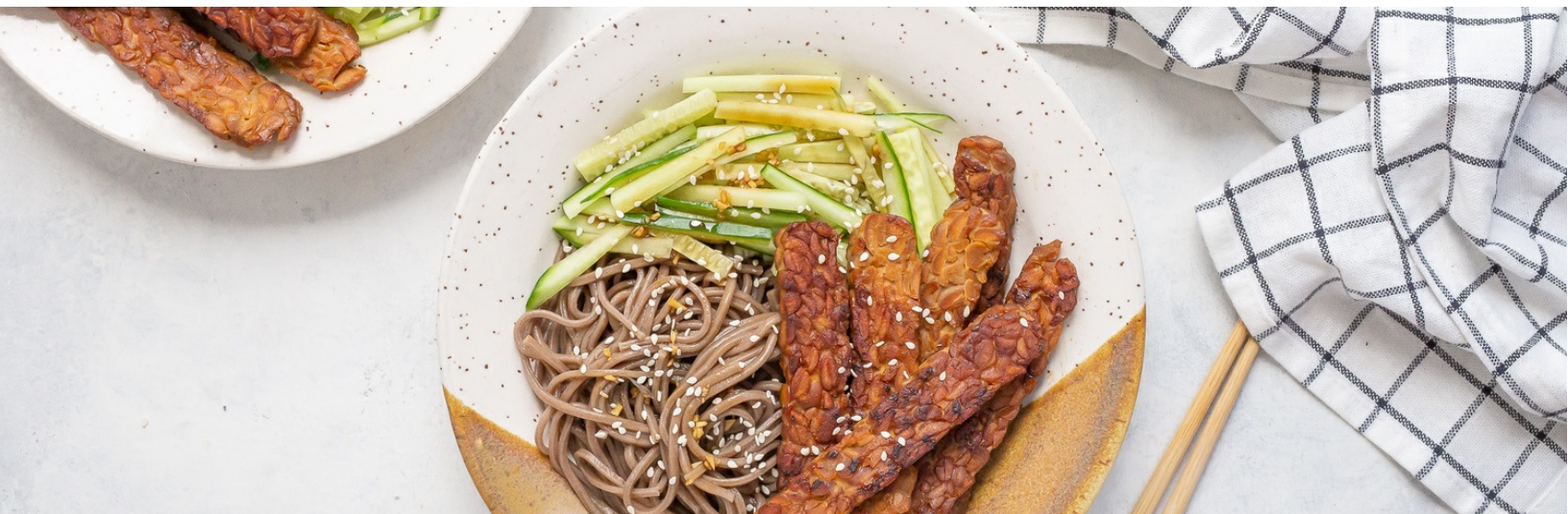
1

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



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 Bolognese with Chickpea Pasta

2 servings
55 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, finely chopped)
- 1 Garlic (cloves, minced)
- 1 Carrot (peeled, finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Crushed Tomatoes (from the can)
- 1 cup Vegetable Broth, Low Sodium
- 1/2 cup Lentils (rinsed, drained)
- 1 tbsp Italian Seasoning
- 142 grams Chickpea Pasta

Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	66g
Fiber	18g
Sugar	17g
Protein	24g
Cholesterol	0mg
Sodium	378mg
Vitamin A	5360IU
Vitamin C	15mg
Calcium	123mg
Iron	11mg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions and sauté for two to three minutes or until they have softened. Add the garlic and sauté for 30 to 60 seconds.
- 2 Add the carrots, salt, and pepper. Sauté for five to six minutes or until the carrots have softened.
- 3 Add the crushed tomatoes, vegetable broth, lentils, and Italian seasoning. Bring to a boil then reduce the heat to a simmer. Simmer for 30 to 35 minutes or until the lentils are tender and the sauce has thickened. Stir occasionally.
- 4 While the bolognese is cooking, cook the chickpea pasta according to the package directions.
- 5 Divide the pasta and bolognese evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

Serving Size: One serving is approximately one cup.

More Flavor: Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

Additional Toppings: Top with dairy-free parmesan.



Lemony White Bean & Quinoa Salad

2 servings
30 minutes

Ingredients

- 1 cup Quinoa (dry)
- 1/2 Sweet Potato (larged, cubed)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 1/2 Lemon (juiced)
- 1 tbsp Cilantro (minced)
- 1 cup White Navy Beans (from the can, rinsed)
- 1 1/2 cups Mixed Greens
- 1/4 Cucumber (chopped)
- 1 1/2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	553
Fat	13g
Carbs	88g
Fiber	17g
Sugar	3g
Protein	23g
Cholesterol	0mg
Sodium	331mg
Vitamin A	4697IU
Vitamin C	10mg
Calcium	140mg
Iron	7mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the sweet potato with half the oil and half the sea salt. Add evenly to the baking sheet and cook for 20 minutes, flipping halfway, or until the sweet potato is turning crispy on the edges.
- 4 Mix the remaining oil, salt, lemon juice, and cilantro with the beans.
- 5 Divide the quinoa evenly between the bowls and top with the sweet potato, mixed greens, beans, cucumber, and hemp seeds. Drizzle any remaining lemon juice mixture over each serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the mixed greens when ready to serve.

Serving Size: One serving is approximately 2 1/4 cups.

More Flavor: Add minced garlic and maple syrup to the lemon mixture.

Additional Toppings: Chopped mint, green onions and/or sunflower seeds.



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.



Miso Baked Tofu & Rice

2 servings
40 minutes

Ingredients

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsp Maple Syrup
- 321 grams Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 1/8 cups Water
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	413
Fat	11g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	486mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

Notes

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

Miso Paste: This recipe was developed and tested using white miso.

No Brown Rice: Use jasmine rice, white rice or cauliflower rice instead.

More Flavor: Add a drizzle of sesame oil or chili flakes for some heat.

Additional Toppings: Add your favorite vegetables.



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.



Lentil Meatballs & Pasta

1 serving
35 minutes

Ingredients

- 1 2/3 tbsps Dry Green Lentils
- 3 1/4 tbsps Vegetable Broth
- 1/8 tsp Extra Virgin Olive Oil
- 1 1/16 tbsps Shallot (chopped)
- 2/3 tsp Ground Flax Seed
- 1 3/4 tps Water
- 2 1/3 tps Nutritional Yeast
- 1 2/3 tbsps Almonds (chopped)
- 1/8 tsp Sea Salt
- 1 2/3 tbsps Parsley (divided, chopped)
- 57 grams Chickpea Pasta (shells)
- 1/3 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.

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.