
















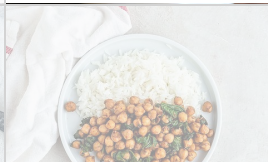
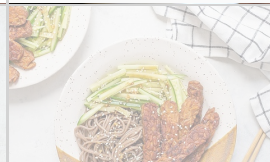
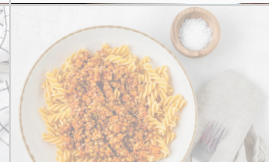


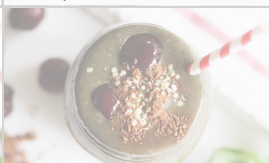
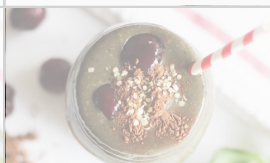






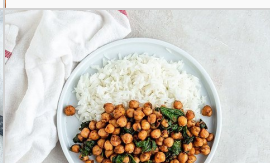
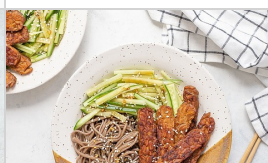




























EXERCISE
with Style

12 Week Vegan Carb Cycling
Meal Plan (High Carb) 3

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon Green Smoothie	 Cinnamon Green Smoothie	 Cinnamon Green Smoothie	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Mixed Berry Protein Overnight Oats	 Mixed Berry Protein Overnight Oats
Snack 1	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Banana Cinnamon Smoothie	 1.5 Banana Cinnamon Smoothie	 1.5 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie
Lunch	 Spinach, Cauliflower & White Bean Soup	 Tomato & Mushroom Chickpea Pasta	 Red Lentil Dahl	 Spiced Chickpeas with Spinach & Rice	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Peanut & Edamame Chickpea Pasta
Snack 2	 Chocolate Cherry Green Smoothie	 Chocolate Cherry Green Smoothie	 Chocolate Cherry Green Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie
Dinner	 Tomato & Mushroom Chickpea Pasta	 Red Lentil Dahl	 Spiced Chickpeas with Spinach & Rice	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Peanut & Edamame Chickpea Pasta	 Spicy Tofu & Cauliflower Soup

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  18%	Fat  20%	Fat  19%	Fat  20%	Fat  21%	Fat  23%	Fat  23%
Carbs  54%	Carbs  53%	Carbs  57%	Carbs  56%	Carbs  53%	Carbs  50%	Carbs  49%
Protein  28%	Protein  27%	Protein  24%	Protein  24%	Protein  26%	Protein  27%	Protein  28%
Calories 1754	Calories 1697	Calories 1823	Calories 1889	Calories 1938	Calories 1929	Calories 1817
Fat 38g	Fat 40g	Fat 41g	Fat 42g	Fat 47g	Fat 52g	Fat 49g
Carbs 249g	Carbs 234g	Carbs 267g	Carbs 274g	Carbs 270g	Carbs 261g	Carbs 239g
Fiber 66g	Fiber 53g	Fiber 53g	Fiber 44g	Fiber 52g	Fiber 63g	Fiber 59g
Sugar 92g	Sugar 81g	Sugar 79g	Sugar 90g	Sugar 105g	Sugar 87g	Sugar 75g
Protein 130g	Protein 120g	Protein 113g	Protein 118g	Protein 134g	Protein 142g	Protein 134g
Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 12mg	Cholesterol 14mg	Cholesterol 14mg	Cholesterol 12mg
Sodium 2434mg	Sodium 1669mg	Sodium 2270mg	Sodium 1790mg	Sodium 1270mg	Sodium 1318mg	Sodium 4570mg
Vitamin A 21398IU	Vitamin A 8834IU	Vitamin A 11286IU	Vitamin A 8856IU	Vitamin A 11398IU	Vitamin A 6379IU	Vitamin A 1857IU
Vitamin C 371mg	Vitamin C 120mg	Vitamin C 121mg	Vitamin C 287mg	Vitamin C 296mg	Vitamin C 188mg	Vitamin C 320mg
Calcium 2289mg	Calcium 2044mg	Calcium 2069mg	Calcium 1644mg	Calcium 1758mg	Calcium 1586mg	Calcium 1770mg
Iron 27mg	Iron 24mg	Iron 21mg	Iron 16mg	Iron 21mg	Iron 28mg	Iron 25mg

Fruits

- 11 1/2 Banana
- 1 1/2 cups Blueberries
- 3 cups Cherries
- 9 Kiwi
- 1/8 Lemon
- 4 Lime
- 1 3/4 tbsps Lime Juice
- 1/2 cup Raspberries

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 1/4 tsps Cajun Seasoning
- 2 tbsps Cashews
- 1/3 cup Chia Seeds
- 1/8 tsp Chili Flakes
- 2 tsps Cinnamon
- 3/4 tsp Cumin
- 2 1/4 tsps Curry Powder
- 1/3 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 tbsp Italian Seasoning
- 1/16 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tbsp Taco Seasoning
- 3 tbsps Whole Flax Seeds

Frozen

- 3 cups Frozen Berries
- 1 cup Frozen Edamame
- 2 cups Frozen Mango
- 10 Ice Cubes

Vegetables

- 11 1/2 cups Baby Spinach
- 1 1/2 tbsps Basil Leaves
- 1 cup Broccoli
- 1/2 cup Butternut Squash
- 1 Carrot
- 1 head Cauliflower
- 1/3 cup Cilantro
- 5 Cremini Mushrooms
- 1 Cucumber
- 4 Garlic
- 2 tsps Ginger
- 1/16 head Green Lettuce
- 3 cups Kale Leaves
- 1/2 Leeks
- 1/2 cup Red Onion
- 1/4 White Onion
- 3/4 Yellow Onion

Boxed & Canned

- 100 grams Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 454 grams Chickpea Pasta
- 2 cups Chickpeas
- 1 cup Crushed Tomatoes
- 3/4 cup Dry Red Lentils
- 1/2 cup Jasmine Rice
- 1/2 cup Lentils
- 1 cup Lima Beans
- 3/4 cup Marinara Sauce
- 2 3/4 cups Vegetable Broth
- 3 cups Vegetable Broth, Low Sodium
- 1/2 cup White Navy Beans

Baking

- 3 1/2 tbsps Nutritional Yeast
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 170 grams Tempeh
- 100 grams Tofu

Condiments & Oils

- 2 tbsps Coconut Aminos
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1/4 cup Peanut Sauce
- 1 tsp Tamari

Cold

- 3 3/4 cups Oat Milk
- 1 1/8 cups Soy Milk
- 11 1/2 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 3/4 cup Chocolate Protein Powder
- 4 3/4 cups Vanilla Protein Powder
- 5 1/4 cups Water



Cinnamon Green Smoothie

3 servings
10 minutes

Ingredients

- 3 3/4 cups Oat Milk (unsweetened, plain)
- 3 Banana (medium)
- 3 cups Baby Spinach
- 1/16 head Green Lettuce (separated into leaves and washed)
- 3/4 cup Vanilla Protein Powder
- 3/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	349
Fat	7g
Carbs	50g
Fiber	7g
Sugar	23g
Protein	25g
Cholesterol	4mg
Sodium	189mg
Vitamin A	2946IU
Vitamin C	19mg
Calcium	594mg
Iron	2mg

Directions

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

Notes

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

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds 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.



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.



Berry Banana Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 cups Frozen Berries
1 1/2 Banana
3 cups Kale Leaves
3/4 cup Vanilla Protein Powder
3 tbsps Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

Directions

1

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

Notes

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

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

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



Banana Cinnamon Smoothie

5 servings

5 minutes

Ingredients

- 1 1/4 cups Vanilla Protein Powder
- 1/3 cup Ground Flax Seed
- 1/3 cup Chia Seeds
- 5 Banana (frozen)
- 10 Ice Cubes
- 5 cups Water
- 1 1/4 tsps 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.



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.



Chocolate Cherry Green Smoothie

3 servings

5 minutes

Ingredients

3 cups Cherries (fresh and pitted, or frozen)
3/4 cup Chocolate Protein Powder
3 cups Baby Spinach
3 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	218
Fat	3g
Carbs	28g
Fiber	6g
Sugar	20g
Protein	22g
Cholesterol	4mg
Sodium	222mg
Vitamin A	3411IU
Vitamin C	19mg
Calcium	615mg
Iron	2mg

Directions

1

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

Notes

Likes it Sweet: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder 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.



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.



Red Lentil Dahl

2 servings

40 minutes

Ingredients

- 1/2 cup Red Onion (finely chopped)
- 2 tbsps Water
- 1 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, minced or grated)
- 2 1/4 tsps Curry Powder
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 3/4 cup Dry Red Lentils (rinsed)
- 1 1/4 cups Vegetable Broth
- 1/2 cup Canned Coconut Milk
- 1/4 cup Cilantro
- 2 1/4 tsps Lime Juice

Nutrition

Amount per serving	
Calories	431
Fat	12g
Carbs	61g
Fiber	13g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	725mg
Vitamin A	525IU
Vitamin C	7mg
Calcium	60mg
Iron	7mg

Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of dahl.

More Flavor: Add chili powder, cayenne or a drizzle of honey.

Additional Toppings: Serve with extra cilantro or lime wedges.

Serve it With: Serve with rice, quinoa, naan, pita and/or sautéed greens.

Consistency: If the lentils are too thick, add additional vegetable broth until desired consistency is reached.



Spiced Chickpeas with Spinach & Rice

2 servings
20 minutes

Ingredients

1/2 cup Jasmine Rice
1 tbsp Extra Virgin Olive Oil
2 cups Chickpeas (cooked, rinsed and patted dry)
1 tbsp Taco Seasoning
1 tbsp Tamari
2 cups Baby Spinach (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	516
Fat	11g
Carbs	88g
Fiber	15g
Sugar	9g
Protein	20g
Cholesterol	0mg
Sodium	921mg
Vitamin A	2857IU
Vitamin C	11mg
Calcium	127mg
Iron	7mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat the oil in a pan over medium heat. Add the chickpeas and cook for three to five minutes or until warmed through.
- 3 Add the taco seasoning and tamari and stir to combine. Add the spinach and stir until wilted. Season with salt and pepper to taste if needed.
- 4 Divide the cooked rice between plates and top with the spiced chickpeas. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups of the spiced chickpeas and rice.

Additional Toppings: Avocado, cilantro, green onions, red pepper flakes, or hot sauce.

No Spinach: Use kale instead.

No Tamari: Use soy sauce or coconut aminos 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.



Peanut & Edamame Chickpea Pasta

2 servings

15 minutes

Ingredients

142 grams Chickpea Pasta (dry)
1 cup Frozen Edamame
1/4 cup 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.



Spicy Tofu & Cauliflower Soup

1 serving
25 minutes

Ingredients

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