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*with Style*

**12 Week Vegan Carb Cycling  
Meal Plan (High Carb) 5**

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Foul Mudammas	 Foul Mudammas	 Foul Mudammas	 Baked Tofu & Cabbage with Peanut Ginger Sauce	 Baked Tofu & Cabbage with Peanut Ginger Sauce	 Sweet Potato Quesadillas	 Sweet Potato Quesadillas
	 Vegan Ricotta & Balsamic Tomato Toast	 Vegan Ricotta & Balsamic Tomato Toast	 Vegan Ricotta & Balsamic Tomato Toast	 Cream of Celery Soup	 Cream of Celery Soup	 Herb & Garlic Tempeh	 Herb & Garlic Tempeh
Snack 1	 Kimchi Tofu Soup	 Kimchi Tofu Soup	 Kimchi Tofu Soup	 Chickpea Spinach Salad with Tamari Vinaigrette	 Chickpea Spinach Salad with Tamari Vinaigrette	 Chickpea Spinach Salad with Tamari Vinaigrette	 Chickpea Spinach Salad with Tamari Vinaigrette
	 Slow Cooker Purple Cabbage with Apples	 Slow Cooker Purple Cabbage with Apples	 Slow Cooker Purple Cabbage with Apples	 Dairy-Free Parmesan	 Dairy-Free Parmesan	 Dairy-Free Parmesan	 Dairy-Free Parmesan
Lunch	 Cozy Slow Cooker Split Pea & Kale Stew	 Tempeh, Quinoa & Broccoli	 Lemony Lentil & Spinach Pasta	 Spicy Tofu & Cauliflower Soup	 Asparagus, Soba & Tempeh	 Lentil Meatballs & Pasta	 Lentil Tahini Burgers with Sauerkraut
	 Black Bean & Avocado Salad	 Tempeh, Quinoa & Broccoli	 Lemony Lentil & Spinach Pasta	 Spicy Tofu & Cauliflower Soup	 Asparagus, Soba & Tempeh	 Lentil Meatballs & Pasta	 Slow Cooker Moroccan Lentils
Snack 2	 4 Savory Chickpea & Spinach Muffins	 4 Savory Chickpea & Spinach Muffins	 4 Savory Chickpea & Spinach Muffins	 One Pan Okra & Black Eyed Peas	 One Pan Okra & Black Eyed Peas	 One Pan Okra & Black Eyed Peas	 One Pan Okra & Black Eyed Peas
	 4 Savory Chickpea & Spinach Muffins	 4 Savory Chickpea & Spinach Muffins	 4 Savory Chickpea & Spinach Muffins	 One Pan Okra & Black Eyed Peas	 One Pan Okra & Black Eyed Peas	 One Pan Okra & Black Eyed Peas	 One Pan Okra & Black Eyed Peas
Dinner	 Tempeh, Quinoa & Broccoli	 Lemony Lentil & Spinach Pasta	 Spicy Tofu & Cauliflower Soup	 Asparagus, Soba & Tempeh	 Lentil Meatballs & Pasta	 Lentil Tahini Burgers with Sauerkraut	 Slow Cooker Vegan Chili
	 Tempeh, Quinoa & Broccoli	 Lemony Lentil & Spinach Pasta	 Spicy Tofu & Cauliflower Soup	 Asparagus, Soba & Tempeh	 Lentil Meatballs & Pasta	 Slow Cooker Moroccan Lentils	 Egyptian Fava Beans with Tahini

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  22%	Fat  21%	Fat  25%	Fat  25%	Fat  21%	Fat  19%
Carbs  55%	Carbs  55%	Carbs  56%	Carbs  51%	Carbs  50%	Carbs  56%	Carbs  58%
Protein  23%	Protein  23%	Protein  23%	Protein  24%	Protein  25%	Protein  23%	Protein  23%
Calories 1827	Calories 1852	Calories 1932	Calories 1733	Calories 1693	Calories 1847	Calories 1934
Fat 46g	Fat 47g	Fat 48g	Fat 49g	Fat 48g	Fat 45g	Fat 43g
Carbs 261g	Carbs 262g	Carbs 280g	Carbs 224g	Carbs 220g	Carbs 269g	Carbs 290g
Fiber 66g	Fiber 57g	Fiber 71g	Fiber 59g	Fiber 56g	Fiber 72g	Fiber 81g
Sugar 43g	Sugar 39g	Sugar 46g	Sugar 43g	Sugar 42g	Sugar 42g	Sugar 42g
Protein 112g	Protein 112g	Protein 114g	Protein 108g	Protein 108g	Protein 113g	Protein 113g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 4126mg	Sodium 3244mg	Sodium 6404mg	Sodium 8013mg	Sodium 4941mg	Sodium 4659mg	Sodium 5626mg
Vitamin A 11340IU	Vitamin A 13772IU	Vitamin A 14032IU	Vitamin A 10591IU	Vitamin A 10766IU	Vitamin A 16670IU	Vitamin A 20092IU
Vitamin C 340mg	Vitamin C 314mg	Vitamin C 384mg	Vitamin C 330mg	Vitamin C 195mg	Vitamin C 93mg	Vitamin C 124mg
Calcium 1049mg	Calcium 1032mg	Calcium 1290mg	Calcium 1243mg	Calcium 937mg	Calcium 734mg	Calcium 871mg
Iron 28mg	Iron 30mg	Iron 34mg	Iron 28mg	Iron 29mg	Iron 35mg	Iron 34mg

**Fruits**

- 1 1/4 Apple
- 1/4 Avocado
- 3/4 Lemon
- 1/4 cup Lemon Juice
- 1 1/2 tbsps Lime Juice

**Breakfast**

- 1 tbsps All Natural Peanut Butter

**Seeds, Nuts & Spices**

- 3 1/4 tbsps Almonds
- 1 1/3 tbsps Brazil Nuts
- 1 1/2 tbsps Cajun Seasoning
- 1 1/3 tbsps Cashews
- 1 1/4 tpsps Chili Powder
- 1 1/4 tpsps Cumin
- 1/2 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 1 1/4 tpsps Ground Flax Seed
- 2 tpsps Hemp Seeds
- 1 1/3 tpsps Italian Seasoning
- 1/8 tsp Oregano
- 2 3/4 tpsps Paprika
- 1 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tsp Smoked Paprika
- 1 tsp Taco Seasoning

**Frozen**

- 2 1/16 Brown Rice Tortilla
- 1 cup Cauliflower Rice
- 1/4 cup Frozen Corn
- 1 cup Frozen Edamame

**Vegetables**

- 3/4 cup Asparagus
- 15 cups Baby Spinach
- 3 tbsps Basil Leaves
- 1 1/2 cups Bean Sprouts
- 2 1/16 cups Broccoli
- 2/3 Carrot
- 1 head Cauliflower
- 6 2/3 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 1 Cucumber
- 8 3/4 Garlic
- 1 1/2 tpsps Ginger
- 1/4 Green Bell Pepper
- 1/4 head Green Lettuce
- 1 1/2 stalks Green Onion
- 1/3 Jalapeno Pepper
- 2/3 cup Kale Leaves
- 1 Leeks
- 3 cups Okra
- 1 Orange Bell Pepper
- 1/2 cup Parsley
- 6 1/3 cups Purple Cabbage
- 1/4 Red Bell Pepper
- 1 tbsps Red Onion
- 2 1/8 tpsps Shallot
- 2/3 Sweet Potato
- 1/2 Tomato
- 2/3 White Onion
- 3/4 Yellow Onion
- 1/2 Yellow Potato

**Boxed & Canned**

- 1 1/2 cups Black Beans
- 2 1/2 cups Black Eyed Peas
- 100 grams Buckwheat Soba Noodles
- 3 3/4 cups Canned Whole Tomatoes
- 113 grams Chickpea Pasta
- 2 cups Chickpeas
- 3 1/4 tpsps Dry Green Lentils

**Bread, Fish, Meat & Cheese**

- 3 slices Gluten-Free Bread
- 510 grams Tempeh
- 788 grams Tofu
- 1 1/2 Whole Wheat Pita

**Condiments & Oils**

- 1 1/8 tpsps Apple Cider Vinegar
- 2/3 cup Balsamic Vinegar
- 2 tpsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 cups Kimchi
- 1 3/4 tpsps Miso Paste
- 1 1/4 tpsps Red Wine Vinegar
- 1 tbsps Rice Vinegar
- 1/4 cup Sauerkraut
- 3 tpsps Tahini
- 1/3 cup Tamari
- 3/4 cup Tomato Sauce

**Cold**

- 2 tpsps Unsweetened Coconut Yogurt

**Other**

- 5 1/8 cups Water

- 
- 1/2 cup Dry Lentils
  - 4 1/3 cups Fava Beans
  - 1 1/3 cups Green Lentils
  - 1 cup Lentils
  - 2 cups Lima Beans
  - 1/2 cup Quinoa
  - 1/4 cup Red Kidney Beans
  - 2/3 cup Salsa
  - 3 1/2 cups Vegetable Broth
  - 6 1/4 cups Vegetable Broth, Low Sodium
  - 1/4 cup White Navy Beans
  - 1 1/2 cups Whole Wheat Penne
  - 1/3 cup Yellow Split Peas

### Baking

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



## Foul Mudammas

3 servings  
10 minutes

### Ingredients

- 3 1/3 cups Fava Beans (from the can, drained and rinsed)
- 3/4 cup Water
- 1/3 tsp Sea Salt
- 1 1/2 Garlic (clove, minced)
- 3/4 cup Cherry Tomatoes (diced)
- 1/3 Jalapeno Pepper (minced)
- 3/4 Lemon (juiced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3 tbsps Parsley (curly, chopped)
- 1 1/2 Whole Wheat Pita

### Nutrition

Amount per serving	
Calories	367
Fat	8g
Carbs	59g
Fiber	13g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	445mg
Vitamin A	679IU
Vitamin C	18mg
Calcium	92mg
Iron	4mg

### Directions

- 1 Add the fava beans, water, and salt to a pot and heat over medium heat. Use a potato masher to gently mash about half of the beans, leaving some chunky pieces. Scoop into a shallow serving bowl.
- 2 In a small bowl mix the garlic, tomatoes, jalapeño, and lemon juice. Add to the top of the fava beans. Drizzle the oil on top and garnish with parsley. Serve with pita and enjoy!

### Notes

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

**Serving Size:** One serving is one cup.

**More Flavor:** Add cumin and/or tahini to the fava beans.

**Additional Toppings:** Sliced hard-boiled eggs.

**Gluten-Free:** Omit the pita or use a gluten-free pita.



## Vegan Ricotta & Balsamic Tomato Toast

3 servings

5 minutes

### Ingredients

150 grams Tofu (regular firm, drained)  
3/4 tsp Miso Paste  
1 1/2 tsps Nutritional Yeast  
1 1/2 tsps Apple Cider Vinegar  
3 tbsps Basil Leaves (chopped)  
Sea Salt & Black Pepper (to taste)  
3 slices Gluten-Free Bread (toasted)  
3/4 cup Cherry Tomatoes (halved)  
1 tbsp Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	139
Fat	5g
Carbs	16g
Fiber	3g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	206mg
Vitamin A	450IU
Vitamin C	6mg
Calcium	167mg
Iron	2mg

### Directions

- 1 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 2 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

### Notes

**Leftovers:** Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

**More Flavor:** Add garlic powder, onion powder, black pepper, spices or herbs.

**No Apple Cider Vinegar:** Use lemon juice instead.



## Baked Tofu & Cabbage with Peanut Ginger Sauce

2 servings  
40 minutes

### Ingredients

- 175 grams Tofu (extra firm, cubed)
- 1 cup Frozen Edamame
- 2 tbsps Tamari (divided)
- 4 cups Purple Cabbage (cut into 1-inch strips)
- 1 tbsp All Natural Peanut Butter
- 1 tsp Ginger (fresh, grated)
- 1 1/2 tpsps Lime Juice
- 1 1/2 tbsps Water
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	293
Fat	13g
Carbs	26g
Fiber	10g
Sugar	11g
Protein	25g
Cholesterol	0mg
Sodium	1074mg
Vitamin A	2219IU
Vitamin C	107mg
Calcium	394mg
Iron	6mg

### Directions

- 1 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 4 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 5 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter instead of peanut butter.

**More Flavor:** Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

**No Tamari:** Use coconut aminos instead.

**More Carbs:** Serve with rice or quinoa instead of cauliflower rice.





## Cream of Celery Soup

2 servings  
25 minutes

### Ingredients

- 1 1/2 cups Vegetable Broth (divided)
- 1/2 White Onion (diced)
- 1/2 Yellow Potato (medium, diced)
- 6 stalks Celery (diced, leaves reserved)
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	77
Fat	0g
Carbs	17g
Fiber	4g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	886mg
Vitamin A	935IU
Vitamin C	17mg
Calcium	66mg
Iron	1mg

### Directions

- 1 In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
- 2 Add the potato, diced celery stalk, remaining broth and sea salt. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
- 3 Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!

### Notes

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

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

**More Flavor:** Add dill and/or coconut milk to the soup.

**Additional Toppings:** Top with crackers, cream, yogurt, black pepper or a drizzle of olive oil.

**Make it Creamy:** For 6 servings, stir in about half a cup of coconut milk prior to serving.



## Sweet Potato Quesadillas

2 servings  
20 minutes

### Ingredients

- 2 2/3 tbsps Water (divided)
- 2/3 Sweet Potato (shredded)
- 1 tsp Taco Seasoning
- 1 cup Baby Spinach
- 1 cup Black Beans (cooked, rinsed)
- 2/3 cup Salsa
- 2 Brown Rice Tortilla

### Nutrition

Amount per serving	
Calories	334
Fat	3g
Carbs	64g
Fiber	14g
Sugar	9g
Protein	13g
Cholesterol	0mg
Sodium	951mg
Vitamin A	7959IU
Vitamin C	7mg
Calcium	84mg
Iron	4mg

### Directions

- 1 Heat a large nonstick skillet over medium heat. Add half the water and then the sweet potato and sauté for one minute. Then add the taco seasoning. Sauté over medium-low heat until cooked through, about six to eight minutes. Add more water if needed to prevent any sticking.
- 2 Once the sweet potato is cooked through, add the spinach, black beans, and salsa. Stir to combine and cook until the spinach is wilted and the beans are warmed through. Remove from the heat and set aside in a large bowl. Wipe out the skillet.
- 3 Place the tortilla on the skillet over medium-low heat and spread the sweet potato filling over half the tortilla, leaving a slight border around the edges. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

### Notes

**Leftovers:** For best results, enjoy immediately. Refrigerate in an airtight container for up to two days. Reheat in a dry pan.

**More Flavor:** Add cheese or plant-based cheese. Add salt and pepper to the bean mixture. Serve with avocado on the side or mashed for dipping.



## Herb & Garlic Tempeh

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)

### Nutrition

Amount per serving	
Calories	186
Fat	9g
Carbs	11g
Fiber	0g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	461mg
Vitamin A	44IU
Vitamin C	1mg
Calcium	104mg
Iron	2mg

### 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 before serving. Enjoy!

### Notes

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

**No Italian Seasoning:** Use any combination of dried herbs.

**Serve it With:** Rice, quinoa and roasted or steamed vegetables.



## Kimchi Tofu Soup

3 servings  
10 minutes

### Ingredients

- 1 1/2 cups Kimchi (with juice)
- 2 1/4 cups Vegetable Broth, Low Sodium
- 263 grams Tofu (soft, cut into 1-inch cubes)
- 1 1/2 cups Bean Sprouts
- 1 1/2 stalks Green Onion (sliced)
- 1 1/2 tbsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	118
Fat	6g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	13g
Cholesterol	0mg
Sodium	731mg
Vitamin A	343IU
Vitamin C	4mg
Calcium	275mg
Iron	5mg

### Directions

- 1 Add the kimchi and the broth to a pot. Bring to a boil and cook over medium-high heat for five minutes.
- 2 Reduce the heat to medium-low. Add the tofu and continue cooking for two minutes or just enough to warm the tofu.
- 3 Divide into bowls and top with the bean sprouts, green onions, and cilantro. Enjoy!

### Notes

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

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

**More Flavor:** Add sesame oil and/or mushrooms. Use another protein of choice.

**Additional Toppings:** Chopped peanuts, cashews, or sesame seeds.



## Slow Cooker Purple Cabbage with Apples

3 servings

4 hours

### Ingredients

- 2 1/3 cups Purple Cabbage (finely sliced)
- 1 1/4 Apple (diced)
- 1/3 Yellow Onion (finely diced)
- 1 1/4 tbsps Red Wine Vinegar

### Nutrition

Amount per serving	
Calories	66
Fat	0g
Carbs	16g
Fiber	4g
Sugar	11g
Protein	1g
Cholesterol	0mg
Sodium	21mg
Vitamin A	834IU
Vitamin C	44mg
Calcium	41mg
Iron	1mg

### Directions

- 1 Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
- 2 Divide into bowls or onto plates and enjoy!

### Notes

**More Flavour:** Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

**No Red Wine Vinegar:** Use balsamic vinegar or apple cider vinegar instead.

**No Apples:** Use pears instead.

**Turn it Into a Salad:** Mix with quinoa, spinach, walnuts and goat cheese.

**Storage:** Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.



## Chickpea Spinach Salad with Tamari Vinaigrette

4 servings

5 minutes

### Ingredients

- 1/4 cup Tamari
- 1/4 cup Balsamic Vinegar
- 2 tps Dijon Mustard
- 6 cups Baby Spinach
- 1 Cucumber (sliced)
- 2 cups Chickpeas (cooked)

### Nutrition

Amount per serving	
Calories	183
Fat	2g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	1079mg
Vitamin A	4321IU
Vitamin C	16mg
Calcium	105mg
Iron	4mg

### Directions

- 1 Add the tamari, balsamic vinegar, and dijon mustard to a jar. Cover, shake well, and set aside.
- 2 Divide the baby spinach, cucumber and chickpeas onto plates. Top with dressing and enjoy!

### Notes

**Leftovers:** Refrigerate the dressing and salad separately in airtight container for up to 4 to 5 days.

**More Flavor:** Add grated ginger, minced garlic and/or toasted sesame seeds.

**No Balsamic Vinegar:** Use red wine vinegar instead.



## Dairy-Free Parmesan

4 servings

5 minutes

### Ingredients

- 1 1/3 tbsps Cashews
- 1 1/3 tbsps Brazil Nuts
- 2 tps Hemp Seeds
- 1 tsp Nutritional Yeast
- 1/8 tsp Garlic Powder
- 1/2 tsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	52
Fat	5g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	52mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	7mg
Iron	0mg

### Directions

- 1 In a blender or food processor add the cashews, Brazil nuts, hemp seeds, nutritional yeast and garlic powder. Process until the mixture comes together and everything is finely blended. Add the extra virgin olive oil and sea salt and pulse a few more times to combine. Remove and place in a sealed container. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to roughly 1 tablespoon.

**How to Use:** Sprinkle on pasta, salads, toast or any recipe that calls for parmesan cheese as a topping.

**No Brazil Nuts:** Omit and use more cashews or almonds.



## Cozy Slow Cooker Split Pea & Kale Stew

**1 serving****8 hours**

### Ingredients

1/8 Yellow Onion (medium, diced)  
1/3 Garlic (cloves, minced)  
1/3 Carrot (medium, diced)  
1/3 stalk Celery (diced)  
1/2 tsp Dried Thyme  
1/3 cup Yellow Split Peas  
(dry/uncooked)  
1 1/3 cups Vegetable Broth  
2/3 cup Kale Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

**1**

In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.

**2**

In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

### Notes

**Leftovers:** Store in the fridge up to 4 days or freeze.  
**Serving Size:** One serving is roughly 1 1/2 to 2 cups.

### Nutrition

Amount per serving	
Calories	278
Fat	3g
Carbs	48g
Fiber	17g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	909mg
Vitamin A	4948IU
Vitamin C	18mg
Calcium	105mg
Iron	5mg





## Black Bean & Avocado Salad

1 serving  
15 minutes

### Ingredients

- 1/2 cup Black Beans (cooked)
- 1/4 Red Bell Pepper (chopped)
- 1 tbsp Red Onion (chopped)
- 1/4 Avocado (diced)
- 1 tbsp Lime Juice
- 1/16 tsp Chili Powder
- 1/16 tsp Cumin
- 1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	210
Fat	8g
Carbs	29g
Fiber	12g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	85mg
Vitamin A	1069IU
Vitamin C	48mg
Calcium	38mg
Iron	2mg

### Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

### Notes

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

**Serving Size:** One serving is approximately 1 cup.

**More Flavor:** Add cilantro, tomato, corn or hot sauce.

**No Black Beans:** Use cooked lentils or chickpeas instead.



## Savory Chickpea & Spinach Muffins

12 servings  
1 hour 10 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

**Serving Size:** One serving is one muffin.

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

**Additional Toppings:** Cheese and/or fresh herbs.

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



## One Pan Okra & Black Eyed Peas

4 servings  
20 minutes

### Ingredients

- 3 cups Okra (trimmed, chopped)
- 2 1/2 cups Black Eyed Peas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tsp Paprika (to taste)
- 1/4 tsp Sea Salt (to taste)
- 3 cups Canned Whole Tomatoes (drained, halved)

### Nutrition

Amount per serving	
Calories	238
Fat	4g
Carbs	38g
Fiber	14g
Sugar	6g
Protein	13g
Cholesterol	0mg
Sodium	485mg
Vitamin A	1859IU
Vitamin C	35mg
Calcium	124mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large baking sheet, add the okra, black-eyed peas, oil, paprika, and salt. Toss until well combined, then spread evenly.
- 3 Arrange the tomatoes evenly otop and roast for 20 minutes, stirring halfway.
- 4 Stir and season with more salt if needed. Transfer to bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cup.

**More Flavor:** Use smoked paprika or berbere spice instead. Add garlic and onions.

**Additional Toppings:** Serve with rice, bread, quinoa, or over mixed greens.



## 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.



## 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.



## 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.



## 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.



## 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.



## Lentil Tahini Burgers with Sauerkraut

2 servings

30 minutes

### Ingredients

- 1 1/3 cups Green Lentils (cooked, drained and rinsed)
- 2 tbsps Tahini
- 1/4 tsp Sea Salt
- 1 1/2 tsps Apple Cider Vinegar
- 1/4 head Green Lettuce (separated into leaves and washed)
- 2 tbsps Unsweetened Coconut Yogurt
- 1/4 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	254
Fat	9g
Carbs	31g
Fiber	13g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	436mg
Vitamin A	246IU
Vitamin C	5mg
Calcium	127mg
Iron	6mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 3 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 4 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

### Notes

**Leftovers:** Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

**Serving Size:** One serving is equal to one 5- to 6-inch burger patty.

**More Flavor:** Add cumin and fresh herbs to the lentil tahini mixture.

**Additional Toppings:** Caramelized onions, feta, sautéed mushrooms and/or avocado.

**No Lettuce:** Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.



## Slow Cooker Moroccan Lentils

2 servings

8 hours

### Ingredients

1/2 cup Dry Lentils (brown or green, uncooked)  
1/2 Tomato (medium, diced)  
1/4 Yellow Onion (medium, diced)  
3/4 Garlic (cloves, minced)  
2 tbsps Parsley (chopped and divided)  
3/4 tsp Cumin  
3/4 tsp Paprika  
1/2 tsp Sea Salt  
2 cups Water

### Nutrition

Amount per serving	
Calories	187
Fat	1g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	614mg
Vitamin A	1189IU
Vitamin C	12mg
Calcium	64mg
Iron	5mg

### Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

### Notes

**Serve it With:** Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

**Leftovers:** Refrigerate in an airtight container up to 5 days. Freeze if longer.



## Slow Cooker Vegan Chili

1 serving

8 hours

### Ingredients

- 3/4 cup Canned Whole Tomatoes
- 1/4 cup Red Kidney Beans (cooked, drained and rinsed)
- 1/4 cup White Navy Beans (cooked, drained and rinsed)
- 1/4 cup Frozen Corn
- 1/4 stalk Celery (diced)
- 1/4 Green Bell Pepper (de-seeded and chopped)
- 1/4 Carrot (chopped)
- 1/8 White Onion (diced)
- 1/2 Garlic (cloves, minced)
- 1/4 tsp Cumin
- 1/8 tsp Oregano
- 1 1/8 tps Chili Powder
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	222
Fat	1g
Carbs	42g
Fiber	14g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	1325mg
Vitamin A	4434IU
Vitamin C	47mg
Calcium	127mg
Iron	5mg

### Directions

- 1 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 2 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 3 Ladle into bowls and enjoy!

### Notes

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

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

**Serve it With:** Toast, quinoa, brown rice, or a salad.

**Make Ahead:** Chop celery, bell peppers, carrot and onion ahead of time.

**Kid-Friendly:** Omit the chili powder and puree until smooth. Serve with tortilla chips.

**Extra Spicy:** Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

**More Greens:** Mix in chopped kale or spinach. Stir until wilted.

**Extra Toppings:** Top with green onion or diced avocado.



## 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.