

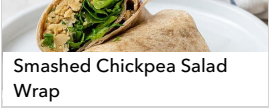
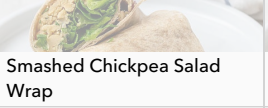
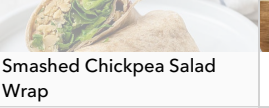

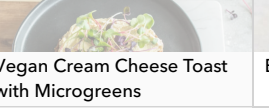
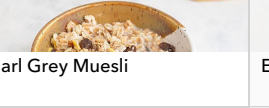
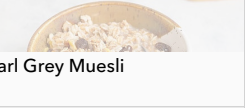
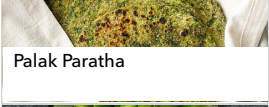
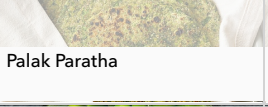
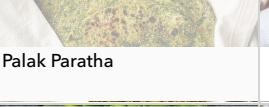
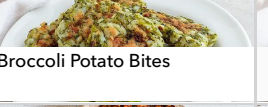
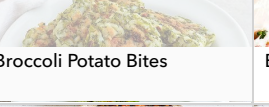
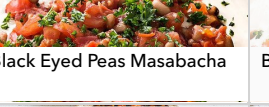
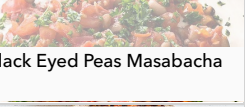
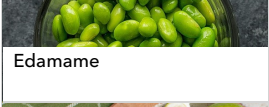
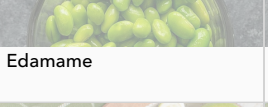
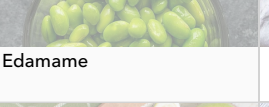

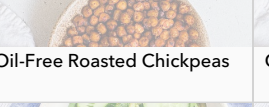
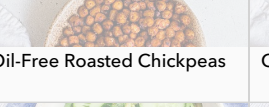
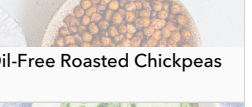
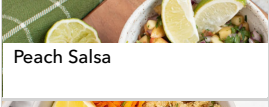
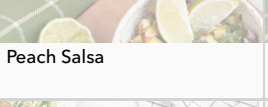
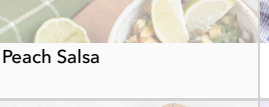
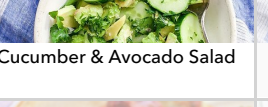
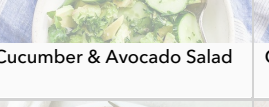
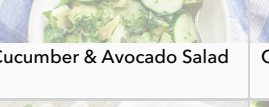
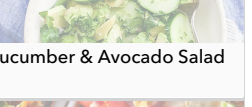
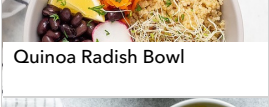







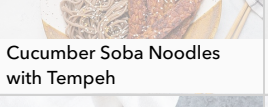

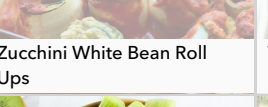
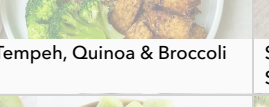
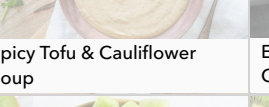









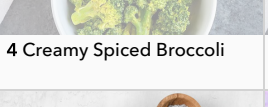

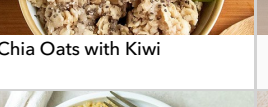
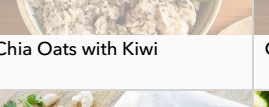
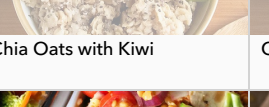
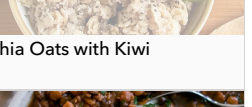








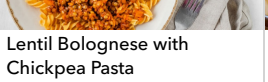




























**EXERCISE**  
*with Style*

12 Week Vegan Carb Cycling  
Meal Plan (High Carb) 6

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Smashed Chickpea Salad Wrap	 Smashed Chickpea Salad Wrap	 Smashed Chickpea Salad Wrap	 Vegan Cream Cheese Toast with Microgreens	 Vegan Cream Cheese Toast with Microgreens	 Earl Grey Muesli	 Earl Grey Muesli
	 Palak Paratha	 Palak Paratha	 Palak Paratha	 Broccoli Potato Bites	 Broccoli Potato Bites	 Black Eyed Peas Masabacha	 Black Eyed Peas Masabacha
Snack 1	 Edamame	 Edamame	 Edamame	 Oil-Free Roasted Chickpeas	 Oil-Free Roasted Chickpeas	 Oil-Free Roasted Chickpeas	 Oil-Free Roasted Chickpeas
	 Peach Salsa	 Peach Salsa	 Peach Salsa	 Cucumber & Avocado Salad	 Cucumber & Avocado Salad	 Cucumber & Avocado Salad	 Cucumber & Avocado Salad
Lunch	 Quinoa Radish Bowl	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Zucchini White Bean Roll Ups	 Tempeh, Quinoa & Broccoli	 Spicy Tofu & Cauliflower Soup	 Marinated Veggie Salad
	 Creamy White Bean Soup	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Zucchini White Bean Roll Ups	 Tempeh, Quinoa & Broccoli	 Spicy Tofu & Cauliflower Soup	 Egyptian Lentil Soup with Caramelized Onions
Snack 2	 4 Creamy Spiced Broccoli	 4 Creamy Spiced Broccoli	 4 Creamy Spiced Broccoli	 Chia Oats with Kiwi	 Chia Oats with Kiwi	 Chia Oats with Kiwi	 Chia Oats with Kiwi
	 4 Creamy Spiced Broccoli	 4 Creamy Spiced Broccoli	 4 Creamy Spiced Broccoli	 Chia Oats with Kiwi	 Chia Oats with Kiwi	 Chia Oats with Kiwi	 Chia Oats with Kiwi
Dinner	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Zucchini White Bean Roll Ups	 Tempeh, Quinoa & Broccoli	 Spicy Tofu & Cauliflower Soup	 Marinated Veggie Salad	 Slow Cooker Moroccan Lentils
	 Cucumber Soba Noodles with Tempeh	 Lentil Bolognese with Chickpea Pasta	 Zucchini White Bean Roll Ups	 Tempeh, Quinoa & Broccoli	 Spicy Tofu & Cauliflower Soup	 Egyptian Lentil Soup with Caramelized Onions	 Cheesy Cauliflower & Broccoli Casserole

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  23%	Fat  24%	Fat  29%	Fat  28%	Fat  32%	Fat  30%
Carbs  58%	Carbs  56%	Carbs  57%	Carbs  52%	Carbs  51%	Carbs  52%	Carbs  53%
Protein  20%	Protein  21%	Protein  19%	Protein  19%	Protein  21%	Protein  16%	Protein  17%
Calories 1842	Calories 1726	Calories 1731	Calories 1698	Calories 1702	Calories 2185	Calories 2199
Fat 46g	Fat 46g	Fat 49g	Fat 57g	Fat 56g	Fat 82g	Fat 79g
Carbs 269g	Carbs 248g	Carbs 259g	Carbs 227g	Carbs 226g	Carbs 299g	Carbs 307g
Fiber 60g	Fiber 57g	Fiber 78g	Fiber 60g	Fiber 56g	Fiber 78g	Fiber 77g
Sugar 42g	Sugar 49g	Sugar 55g	Sugar 35g	Sugar 35g	Sugar 53g	Sugar 52g
Protein 90g	Protein 92g	Protein 89g	Protein 85g	Protein 91g	Protein 96g	Protein 100g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 2389mg	Sodium 2148mg	Sodium 1934mg	Sodium 2285mg	Sodium 5719mg	Sodium 5552mg	Sodium 2940mg
Vitamin A 14380IU	Vitamin A 15442IU	Vitamin A 16691IU	Vitamin A 3628IU	Vitamin A 3094IU	Vitamin A 6451IU	Vitamin A 14842IU
Vitamin C 416mg	Vitamin C 406mg	Vitamin C 444mg	Vitamin C 242mg	Vitamin C 349mg	Vitamin C 375mg	Vitamin C 402mg
Calcium 1106mg	Calcium 982mg	Calcium 1118mg	Calcium 919mg	Calcium 1074mg	Calcium 1242mg	Calcium 1024mg
Iron 24mg	Iron 28mg	Iron 31mg	Iron 22mg	Iron 25mg	Iron 35mg	Iron 37mg

**Fruits**

- 2 Avocado
- 2 Kiwi
- 1 Lemon
- 1/3 cup Lemon Juice
- 1/3 cup Lime Juice
- 1 1/2 Peach

**Breakfast**

- 1 1/16 cups Earl Grey Tea
- 2 1/16 cups Muesli

**Seeds, Nuts & Spices**

- 1 1/2 tbsps Cajun Seasoning
- 2 tbsps Cashews
- 1/4 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 1 tsp Chili Powder
- 2 1/8 tsps Cumin
- 1 tbsp Curry Powder
- 1 tbsp Everything Bagel Seasoning
- 1 1/4 tsps Garlic Powder
- 1 1/2 tbsps Italian Seasoning
- 1/4 tsp Onion Powder
- 2 tsps Paprika
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/16 tsps Sesame Seeds

**Frozen**

- 1 1/2 cups Frozen Edamame

**Vegetables**

- 1/2 cup Alfalfa Sprouts
- 2 cups Baby Spinach
- 17 1/16 cups Broccoli
- 1/2 cup Butternut Squash
- 1 1/4 Carrot
- 1 1/4 heads Cauliflower
- 3/4 stalk Celery
- 1/2 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 3 1/4 Cucumber
- 1 1/16 tbsps Fresh Dill
- 6 1/4 Garlic
- 1/2 tsp Ginger
- 1/3 Green Chili Pepper
- 3/4 Jalapeno Pepper
- 1 Leeks
- 1/2 cup Matchstick Carrots
- 1 cup Microgreens
- 1/2 cup Mushrooms
- 3/4 cup Parsley
- 1/2 cup Radishes
- 2/3 cup Red Onion
- 6 leaves Romaine
- 1 Russet Potato
- 1 1/4 Tomato
- 1/2 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 2 Zucchini

**Boxed & Canned**

- 1/2 cup Black Beans
- 1/4 cup Black Eyed Peas
- 100 grams Buckwheat Soba Noodles
- 2/3 cup Cannellini Beans
- 142 grams Chickpea Pasta
- 4 1/4 cups Chickpeas
- 1 cup Crushed Tomatoes
- 1/4 cup Dry Lentils
- 1/2 cup Dry Red Lentils
- 1 1/2 cups Lentils

**Bread, Fish, Meat & Cheese**

- 340 grams Tempeh
- 325 grams Tofu
- 2 slices Whole Grain Bread
- 3 Whole Wheat Tortilla

**Condiments & Oils**

- 2 1/2 tbsps Apple Cider Vinegar
- 2 2/3 tbsps Balsamic Vinegar
- 2 1/16 tbsps Coconut Aminos
- 3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1/2 cup Tahini
- 1 cup Tomato Sauce

**Cold**

- 1/2 cup Oat Milk
- 1/4 cup Plain Coconut Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

**Other**

- 5 1/3 cups Water

- 2 cups Lima Beans
- 3/4 cup Quinoa
- 2 2/3 tbsps Vegetable Broth
- 6 cups Vegetable Broth, Low Sodium
- 2 cups White Navy Beans

### Baking

- 2 1/2 tbsps Nutritional Yeast
- 2 cups Oats
- 3/4 cup Whole Wheat Flour



## Smashed Chickpea Salad Wrap

3 servings  
10 minutes

### Ingredients

- 2 1/4 cups Chickpeas
- 3 tbsps Dijon Mustard
- 3 tbsps Lemon Juice
- 1/8 tsp Sea Salt
- 3 tbsps Red Onion (finely chopped)
- 1/3 cup Parsley (finely chopped)
- 3 Whole Wheat Tortilla (large)
- 6 leaves Romaine (chopped)

### Nutrition

Amount per serving	
Calories	363
Fat	7g
Carbs	57g
Fiber	15g
Sugar	8g
Protein	16g
Cholesterol	0mg
Sodium	583mg
Vitamin A	5554IU
Vitamin C	21mg
Calcium	192mg
Iron	6mg

### Directions

- 1 Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
- 2 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

### Notes

**Leftovers:** Store components separately in the fridge until ready to assemble and serve.

**Gluten-Free:** Use a gluten-free or brown rice tortilla.

**Serving Size:** One serving is equal to one wrap.



## Palak Paratha

3 servings  
40 minutes

### Ingredients

- 3/4 cup Whole Wheat Flour (plus more for dusting)
- 1 1/2 cups Baby Spinach (finely chopped)
- 1/3 Green Chili Pepper (seeds removed, finely chopped)
- 1/3 tsp Cumin
- 1/3 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tbsps Water

### Nutrition

Amount per serving	
Calories	176
Fat	8g
Carbs	23g
Fiber	4g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	308mg
Vitamin A	1476IU
Vitamin C	18mg
Calcium	39mg
Iron	2mg

### Directions

- 1 In a large bowl, mix together the whole wheat flour, chopped spinach, green chili pepper, cumin, salt, and half of the oil. Set aside (uncovered) for 10 minutes. The spinach will release some water during this time.
- 2 Add water little by little and knead to make a slightly soft, smooth dough. Cover the dough with plastic wrap and let it rest for 15 minutes.
- 3 Cut the dough into the according number of recipe servings. Roll into balls. Dust each ball and working surface with flour. Use a rolling pin and roll each ball flat to about 1/8- to 1/4-inch thick.
- 4 In a large skillet over medium heat, add a small amount of the remaining oil with a brush or paper towel. Cook each paratha for about two to three minutes per side. Brush the skillet with the remaining oil as needed.
- 5 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

### Notes

**Leftovers:** Store between a dish towel in an airtight container for up to two days. Warm-up before serving.

**Serving Size:** One serving is equal to one paratha.

**Make it Spicier:** Add more green chili or chili flakes.

**Serve it With:** Serve with chutney, spiced yogurt, and/or curry.



## Vegan Cream Cheese Toast with Microgreens

2 servings  
10 minutes

### Ingredients

- 125 grams Tofu (firm, drained)
- 1 1/2 tsps Nutritional Yeast
- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 tbsp Everything Bagel Seasoning
- 2 slices Whole Grain Bread (lightly toasted)
- 1 cup Microgreens

### Nutrition

Amount per serving	
Calories	215
Fat	8g
Carbs	22g
Fiber	5g
Sugar	5g
Protein	14g
Cholesterol	0mg
Sodium	761mg
Vitamin A	0IU
Vitamin C	11mg
Calcium	230mg
Iron	3mg

### Directions

- 1 In a small food processor, add the tofu, nutritional yeast, vinegar, oil, and salt. Blend until smooth. Stir in the everything bagel seasoning.
- 2 Spread the tofu on the toast. Top with the microgreens and enjoy!

### Notes

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

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

**Everything Bagel Seasoning:** If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

**Additional Toppings:** Tomato, radishes, cucumbers, green onions, chives and/or black pepper.

**Gluten-Free:** Use gluten-free bread instead of whole grain bread.





## Broccoli Potato Bites

2 servings

1 hour

### Ingredients

- 1 Russet Potato (medium, peeled and cut in half)
- 1 cup Broccoli (cut into small florets)
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	100
Fat	0g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	175mg
Vitamin A	292IU
Vitamin C	48mg
Calcium	38mg
Iron	1mg

### Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

**Serving Size:** One serving is approximately four potato broccoli bites.

**More Flavor:** Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.



## Earl Grey Muesli

2 servings  
10 minutes

### Ingredients

- 2 cups Muesli
- 1 cup Earl Grey Tea (brewed)
- 1/2 cup Oat Milk (to taste)

### Nutrition

Amount per serving	
Calories	320
Fat	4g
Carbs	67g
Fiber	8g
Sugar	18g
Protein	10g
Cholesterol	0mg
Sodium	51mg
Vitamin A	0IU
Vitamin C	7mg
Calcium	208mg
Iron	3mg

### Directions

- 1 In a bowl, combine the muesli and earl grey tea. Let sit for five minutes or until the muesli is soft.
- 2 Top with oat milk and enjoy!

### Notes

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

**More Flavor:** Add vanilla extract and cinnamon.

**Additional Toppings:** Add a scoop of nut or seed butter, chopped fruit or nuts.



## Black Eyed Peas Masabacha

2 servings  
15 minutes

### Ingredients

- 1/4 cup Black Eyed Peas (cooked, drained and rinsed)
- 1 Tomato (medium, diced)
- 1 Garlic (cloves, minced, divided)
- 1/2 cup Tahini
- 1/2 cup Water
- 1/2 Lemon (juiced)
- 1/4 tsp Sea Salt
- 2 tbsps Parsley (stems removed, finely chopped)

### Nutrition

Amount per serving	
Calories	401
Fat	33g
Carbs	21g
Fiber	8g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	391mg
Vitamin A	1193IU
Vitamin C	19mg
Calcium	279mg
Iron	6mg

### Directions

- 1 Heat a pan or skillet over medium heat. Add the cooked black eyed peas and sear for 1 minute. Add tomatoes and half of the garlic. Stir occasionally and cook for 3 to 5 minutes or until the tomatoes are soft.
- 2 Add the tahini, water, lemon juice, salt, and the remaining garlic to a blender and blend until smooth.
- 3 Transfer the tahini to a serving plate. Top with the black eyed peas masabacha. Garnish with parsley and enjoy with your choice of dippers (see notes for suggestions).

### Notes

**Serve It With:** Radish slices, cucumber slices, celery sticks, carrot sticks, bell pepper strips, toasted pita, crackers, crispbread, toast or brown rice tortilla chips.

**No Black Eyed Peas:** Use cooked pinto beans, lima beans or any other type of cooked bean.

**No Tahini:** Use hummus instead.

**No Lemon:** Use apple cider vinegar instead.

**Meal Prep:** Divide into single serving containers with veggies or crackers.

**Storage:** Refrigerate in an airtight container up to 2 to 3 days.



## Edamame

3 servings

5 minutes

### Ingredients

1 1/2 cups Frozen Edamame (shelled, thawed)

### Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g
Cholesterol	0mg
Sodium	5mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	49mg
Iron	2mg

### Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

### Notes

**Storage:** Refrigerate in an airtight container up to 4 days.



## Peach Salsa

3 servings  
10 minutes

### Ingredients

- 1 1/2 Peach (large, finely chopped)
- 1/3 cup Red Onion (finely diced)
- 3/4 Jalapeno Pepper (finely chopped)
- 1/4 cup Cilantro (finely chopped)
- 3 tbsps Lime Juice
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	42
Fat	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	1g
Cholesterol	0mg
Sodium	297mg
Vitamin A	391IU
Vitamin C	16mg
Calcium	13mg
Iron	0mg

### Directions

- 1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

### Notes

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

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

**Serve it With:** Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.



## Oil-Free Roasted Chickpeas

4 servings  
45 minutes

### Ingredients

2 cups Chickpeas (cooked, rinsed)  
1 tbsp Water  
1 tbsp Lime Juice  
1 1/2 tsp Paprika  
1 tsp Chili Powder  
1 tsp Cumin  
1 tsp Garlic Powder  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	144
Fat	2g
Carbs	24g
Fiber	7g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	322mg
Vitamin A	653IU
Vitamin C	2mg
Calcium	51mg
Iron	3mg

### Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.  
;
- 2 Place chickpeas on the baking sheet and pat dry. Bake for 25 minutes.  
;
- 3 In a bowl, add the remaining ingredients. Add the cooked chickpeas and toss to coat. Spread the chickpeas back on the baking sheet. Bake for an additional 20 minutes or until golden. Enjoy!

### Notes

**Leftovers:** Store roasted chickpeas in an airtight container at room temperature for up to five days.

**Serving Size:** One serving is equal to approximately a 1/2 cup of chickpeas.

**More Flavor:** Add in lime zest for extra flavor!



## Cucumber & Avocado Salad

4 servings

5 minutes

### Ingredients

- 2 Cucumber (sliced)
- 2 Avocado
- 2 tbsps Lemon Juice
- 1/4 cup Parsley (chopped)
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	186
Fat	15g
Carbs	15g
Fiber	8g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	307mg
Vitamin A	625IU
Vitamin C	22mg
Calcium	42mg
Iron	1mg

### Directions

- 1 In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

**More Flavor:** Add chili flakes or cayenne.

**Additional Toppings:** Nuts, seeds or additional vegetables.



## Quinoa Radish Bowl

1 serving  
22 minutes

### Ingredients

1/4 cup Quinoa (uncooked)  
1/2 cup Black Beans (cooked)  
1/4 Carrot (medium, shredded)  
1/2 cup Radishes (sliced)  
1/2 cup Alfalfa Sprouts  
1 tbsp Lemon Juice  
1 tbsp Fresh Dill (chopped)  
1/4 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	294
Fat	3g
Carbs	53g
Fiber	12g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	38mg
Vitamin A	2632IU
Vitamin C	17mg
Calcium	71mg
Iron	4mg

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once the quinoa has cooled, divide it between bowls along with the black beans, carrots, radishes, and alfalfa sprouts.
- 3 Whisk together the lemon juice, dill, and garlic. Drizzle over top of the quinoa bowls and season with salt and pepper to taste. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately three cups.

**Additional Toppings:** Add sauerkraut, kimchi, balsamic vinegar, pickled veggies, or your favorite dressing.





## Creamy White Bean Soup

1 serving  
45 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/8 Yellow Onion (medium, chopped)
- 3/4 stalk Celery (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (cloves, minced)
- 2/3 cup Cannellini Beans (drained, rinsed)
- 1 cup Vegetable Broth, Low Sodium
- 1/4 cup Plain Coconut Milk (from the carton)
- 3/4 tsp Italian Seasoning
- 1/2 cup Baby Spinach (packed)

### Nutrition

Amount per serving	
Calories	245
Fat	9g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	7g
Cholesterol	0mg
Sodium	581mg
Vitamin A	1666IU
Vitamin C	8mg
Calcium	176mg
Iron	3mg

### Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and sauté for three to four minutes. Add the celery, salt, and pepper, and sauté for another three to four minutes.
- 2 Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the vegetables don't burn.
- 3 Add the beans, broth, coconut milk, and Italian seasoning. Stir to combine and bring to a boil.
- 4 Reduce the heat to low and simmer for about 15 minutes.
- 5 Remove from the heat and use an immersion blender or a high-powered blender to blend the soup until it is smooth.
- 6 Heat the soup again and bring it to a simmer. Add the spinach and cook until slightly wilted.
- 7 Divide evenly between bowls and season with additional salt and pepper if desired. Enjoy!

### Notes

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

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

**No Coconut Milk:** Any other alternative milk.

**Additional Toppings:** Fresh herbs, parmesan cheese.



## Creamy Spiced Broccoli

12 servings

10 minutes

### Ingredients

12 cups Broccoli (cut into small florets)  
1 1/2 cups Unsweetened Coconut Yogurt  
1 tbsp Curry Powder  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	46
Fat	1g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	36mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	108mg
Iron	1mg

### Directions

- 1 Add the broccoli to a steamer basket over boiling water. Steam for four to five minutes or until the broccoli is tender.
- 2 Meanwhile, in a bowl combine the coconut yogurt and curry powder. Season with salt and pepper to taste.
- 3 Add the steamed broccoli to the bowl with the spiced coconut yogurt and mix to evenly coat the broccoli. Serve and enjoy!

### Notes

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

**More Flavor:** Add lemon juice and cumin.

**No Broccoli:** Use cauliflower instead.



## Chia Oats with Kiwi

4 servings

10 minutes

### Ingredients

2 cups Water  
2 cups Oats (rolled)  
1/4 cup Chia Seeds  
2 Kiwi (chopped)

### Nutrition

Amount per serving	
Calories	231
Fat	6g
Carbs	37g
Fiber	9g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	8mg
Vitamin A	30IU
Vitamin C	32mg
Calcium	121mg
Iron	3mg

### Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

**Serving Size:** One serving is equal to half a cup of oatmeal and half of a kiwi.

**More Flavor:** Add cinnamon or maple syrup.

**Additional Toppings:** Add nuts, seeds and berries.



## 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.



## Zucchini White Bean Roll Ups

2 servings

1 hour

### Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	449
Fat	14g
Carbs	63g
Fiber	23g
Sugar	12g
Protein	22g
Cholesterol	0mg
Sodium	219mg
Vitamin A	1411IU
Vitamin C	45mg
Calcium	270mg
Iron	6mg

### Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

### Notes

**No White Beans:** Use chickpeas instead.



## 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.



## 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.





## Marinated Veggie Salad

2 servings  
20 minutes

### Ingredients

2 tbsps Apple Cider Vinegar  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Cayenne Pepper  
1 cup Broccoli (chopped into small florets)  
1/4 Cucumber (diced)  
1/2 cup Matchstick Carrots  
1/2 Yellow Bell Pepper (finely sliced)  
2 tbsps Red Onion (finely sliced)  
1/2 cup Cherry Tomatoes (halved)  
1/2 cup Mushrooms (sliced)  
1 cup Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	34g
Fiber	11g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	342mg
Vitamin A	3067IU
Vitamin C	137mg
Calcium	67mg
Iron	4mg

### Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

### Notes

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

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

**Mix It Up:** Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

**No Lentils:** Serve with chickpeas, tofu, or tempeh.

**Cheese Lover:** Add plant-based feta cheese.



## Egyptian Lentil Soup with Caramelized Onions

2 servings  
30 minutes

### Ingredients

- 1 2/3 cups Water
- 1/2 cup Dry Red Lentils (rinsed)
- 2/3 Yellow Onion (medium, peeled and sliced, divided)
- 3/4 Garlic (cloves, minced)
- 1/3 tsp Cumin
- 1/3 tsp Sea Salt
- 1/3 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.



## Slow Cooker Moroccan Lentils

1 serving

8 hours

### Ingredients

- 1/4 cup Dry Lentils (brown or green, uncooked)
- 1/4 Tomato (medium, diced)
- 1/8 Yellow Onion (medium, diced)
- 1/3 Garlic (cloves, minced)
- 1 tbsp Parsley (chopped and divided)
- 1/3 tsp Cumin
- 1/3 tsp Paprika
- 1/4 tsp Sea Salt
- 1 cup 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.



## 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.