

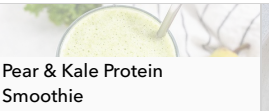


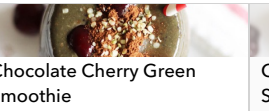
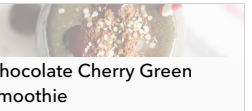

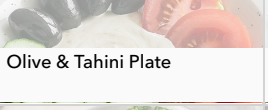
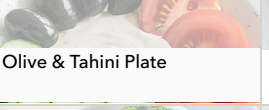

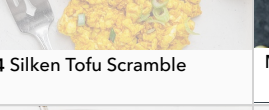

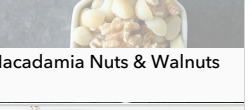



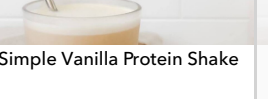
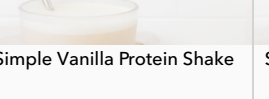
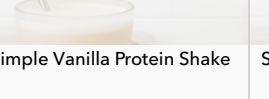


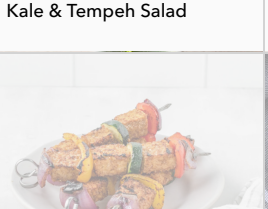
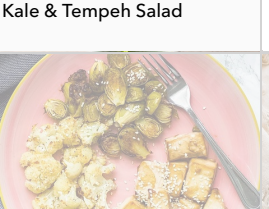
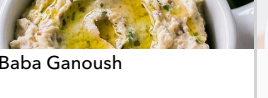
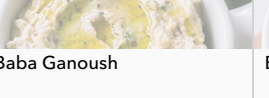
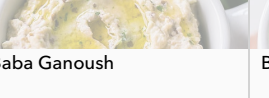
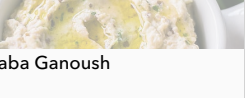



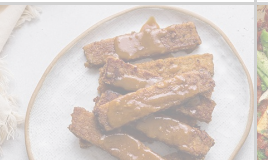

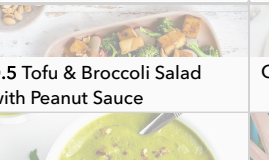
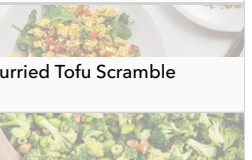
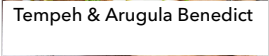
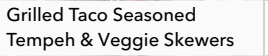
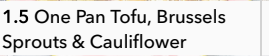
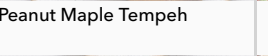
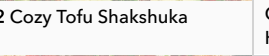
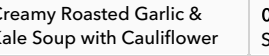
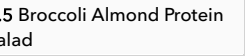



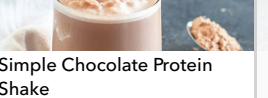
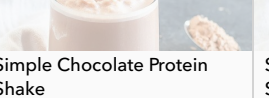
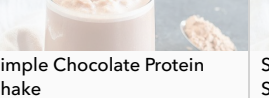
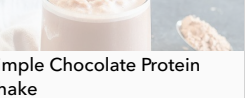
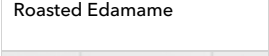
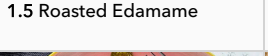
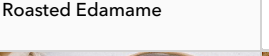
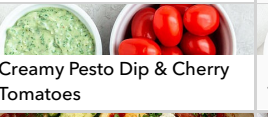
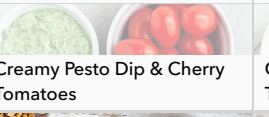
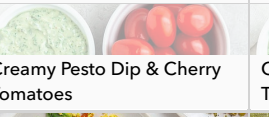
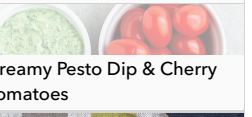
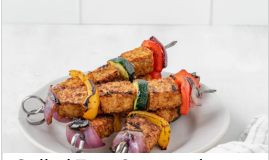



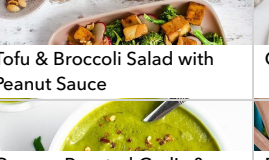
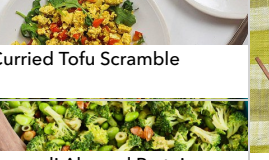

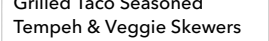
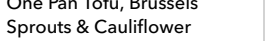
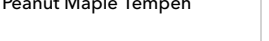
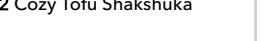
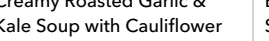
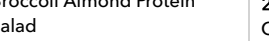
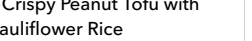

























EXERCISE
with Style

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

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 4 Silken Tofu Scramble	 4 Silken Tofu Scramble	 Chocolate Cherry Green Smoothie	 Chocolate Cherry Green Smoothie
	 Olive & Tahini Plate	 Olive & Tahini Plate	 Olive & Tahini Plate	 4 Silken Tofu Scramble	 4 Silken Tofu Scramble	 Macadamia Nuts & Walnuts	 Macadamia Nuts & Walnuts
Snack 1	 Kale & Tempeh Salad	 Kale & Tempeh Salad	 Kale & Tempeh Salad	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake
	 Kale & Tempeh Salad	 Kale & Tempeh Salad	 Kale & Tempeh Salad	 Baba Ganoush	 Baba Ganoush	 Baba Ganoush	 Baba Ganoush
Lunch	 Tempeh & Arugula Benedict	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 1.5 One Pan Tofu, Brussels Sprouts & Cauliflower	 Peanut Maple Tempeh	 2 Cozy Tofu Shakshuka	 0.5 Tofu & Broccoli Salad with Peanut Sauce	 Curried Tofu Scramble
	 Tempeh & Arugula Benedict	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 1.5 One Pan Tofu, Brussels Sprouts & Cauliflower	 Peanut Maple Tempeh	 2 Cozy Tofu Shakshuka	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 0.5 Broccoli Almond Protein Salad
Snack 2	 Roasted Edamame	 1.5 Roasted Edamame	 Roasted Edamame	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake
	 Roasted Edamame	 1.5 Roasted Edamame	 Roasted Edamame	 Creamy Pesto Dip & Cherry Tomatoes	 Creamy Pesto Dip & Cherry Tomatoes	 Creamy Pesto Dip & Cherry Tomatoes	 Creamy Pesto Dip & Cherry Tomatoes
Dinner	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Peanut Maple Tempeh	 2 Cozy Tofu Shakshuka	 Tofu & Broccoli Salad with Peanut Sauce	 Curried Tofu Scramble	 2 Crispy Peanut Tofu with Cauliflower Rice
	 Grilled Taco Seasoned Tempeh & Veggie Skewers	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Peanut Maple Tempeh	 2 Cozy Tofu Shakshuka	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Broccoli Almond Protein Salad	 2 Crispy Peanut Tofu with Cauliflower Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  53%	Fat  51%	Fat  50%	Fat  47%	Fat  49%	Fat  52%	Fat  50%
Carbs  23%	Carbs  23%	Carbs  23%	Carbs  23%	Carbs  23%	Carbs  22%	Carbs  22%
Protein  24%	Protein  26%	Protein  27%	Protein  30%	Protein  28%	Protein  26%	Protein  28%
Calories 1779	Calories 1775	Calories 1775	Calories 1838	Calories 1964	Calories 1855	Calories 1813
Fat 112g	Fat 109g	Fat 107g	Fat 100g	Fat 113g	Fat 113g	Fat 108g
Carbs 111g	Carbs 110g	Carbs 110g	Carbs 110g	Carbs 118g	Carbs 111g	Carbs 107g
Fiber 25g	Fiber 33g	Fiber 31g	Fiber 32g	Fiber 42g	Fiber 41g	Fiber 37g
Sugar 29g	Sugar 35g	Sugar 38g	Sugar 47g	Sugar 48g	Sugar 52g	Sugar 55g
Protein 114g	Protein 124g	Protein 130g	Protein 146g	Protein 143g	Protein 126g	Protein 137g
Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 8mg	Cholesterol 8mg	Cholesterol 12mg	Cholesterol 12mg
Sodium 2573mg	Sodium 2651mg	Sodium 3126mg	Sodium 3545mg	Sodium 4464mg	Sodium 2937mg	Sodium 2861mg
Vitamin A 15619IU	Vitamin A 6723IU	Vitamin A 5438IU	Vitamin A 10389IU	Vitamin A 13329IU	Vitamin A 11115IU	Vitamin A 7760IU
Vitamin C 237mg	Vitamin C 344mg	Vitamin C 249mg	Vitamin C 156mg	Vitamin C 332mg	Vitamin C 326mg	Vitamin C 285mg
Calcium 1045mg	Calcium 1641mg	Calcium 1937mg	Calcium 2232mg	Calcium 2630mg	Calcium 2729mg	Calcium 2979mg
Iron 24mg	Iron 27mg	Iron 27mg	Iron 23mg	Iron 26mg	Iron 20mg	Iron 19mg

Fruits

- 1 Avocado
- 2 cups Cherries
- 1 Lemon
- 2 3/4 tbsps Lemon Juice
- 1/2 Lime
- 1/2 tsp Lime Juice
- 1 1/2 Pear

Breakfast

- 1/3 cup All Natural Peanut Butter
- 2 tbsps Almond Butter
- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 2 tbsps Cashews
- 3/4 tsp Chili Powder
- 1 tsp Cumin
- 2/3 tsp Curry Powder
- 1 1/3 tbsps Garlic Powder
- 1 1/2 tbsps Hemp Seeds
- 2 tbsps Italian Seasoning
- 1/4 cup Macadamia Nuts
- 1 1/3 tbsps Paprika
- 2 tbsps Raw Peanuts
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/3 tsp Smoked Paprika
- 2 tbsps Taco Seasoning
- 1 1/8 tps Turmeric
- 1/4 cup Walnuts

Frozen

- 5 cups Frozen Edamame
- 48 Ice Cubes

Vegetables

- 2 1/2 cups Arugula
- 2 cups Baby Spinach
- 3 1/2 cups Broccoli
- 1 1/2 cups Brussels Sprouts
- 1 3/4 heads Cauliflower
- 2 cups Cherry Tomatoes
- 3/4 Cucumber
- 1 Eggplant
- 6 1/2 Garlic
- 6 stalks Green Onion
- 13 cups Kale Leaves
- 1 cup Parsley
- 2 2/3 tbsps Radishes
- 2 1/8 Red Bell Pepper
- 1/2 cup Red Onion
- 1/2 Sweet Potato
- 1 1/2 Tomato
- 1/2 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 2 1/2 cups Fire Roasted Diced Tomatoes
- 2 cups Vegetable Broth

Baking

- 2 tbsps Arrowroot Powder
- 2 1/4 tps Coconut Sugar
- 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1.4 kilograms Silken Tofu
- 763 grams Tempeh
- 1.8 kilograms Tofu

Condiments & Oils

- 1/3 cup Avocado Oil
- 2 1/4 tps Balsamic Vinegar
- 1 cup Black Olives
- 3 1/2 tbsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Pesto
- 1 1/2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 2 tbsps Soy Sauce
- 2/3 cup Tahini
- 1/4 cup Tamari

Cold

- 7 1/3 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 4 Barbecue Skewers
- 1 1/2 cups Chocolate Protein Powder
- 1 3/4 cups Vanilla Protein Powder
- 4 3/4 cups Water



Pear & Kale Protein Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Water (cold)
- 3 cups Kale Leaves
- 1 1/2 Pear (stem and seeds removed, chopped)
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	143
Fat	1g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g
Cholesterol	4mg
Sodium	56mg
Vitamin A	1033IU
Vitamin C	23mg
Calcium	205mg
Iron	1mg

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 jar for up to two days.

No Kale: Use spinach instead.

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



Olive & Tahini Plate

3 servings

5 minutes

Ingredients

- 1/3 cup Tahini
- 1/3 cup Water
- 1/3 tsp Sea Salt
- 1 1/2 Tomato (cut into wedges)
- 3/4 Cucumber (sliced)
- 1 cup Black Olives

Nutrition

Amount per serving	
Calories	251
Fat	21g
Carbs	14g
Fiber	4g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	684mg
Vitamin A	1077IU
Vitamin C	11mg
Calcium	185mg
Iron	6mg

Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Notes

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

More Flavor: Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings: Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.



Silken Tofu Scramble

8 servings

15 minutes

Ingredients

- 1.4 kilograms Silken Tofu (drained)
- 1/4 cup Nutritional Yeast
- 1 1/3 tbsps Garlic Powder
- 2 tps Paprika
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 4 stalks Green Onion (sliced, optional)

Nutrition

Amount per serving	
Calories	120
Fat	5g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	11g
Cholesterol	0mg
Sodium	318mg
Vitamin A	523IU
Vitamin C	1mg
Calcium	62mg
Iron	2mg

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, turmeric, and salt. Use the spatula to stir and gently break up the tofu.
- 2 Cook until the edges are firm and liquid is gone, about 15 minutes. Transfer to a plate, garnish with green onions (optional) and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup.

More Flavor: Add black pepper and black salt.

Additional Toppings: Serve it with salsa, avocado slices, fresh fruit, toast, tortillas, or roasted veggies.



Chocolate Cherry Green Smoothie

2 servings

5 minutes

Ingredients

2 cups Cherries (fresh and pitted, or frozen)
1/2 cup Chocolate Protein Powder
2 cups Baby Spinach
2 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.



Macadamia Nuts & Walnuts

2 servings

5 minutes

Ingredients

1/4 cup Macadamia Nuts

1/4 cup Walnuts

Nutrition

Amount per serving	
Calories	218
Fat	22g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	4g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	29mg
Iron	1mg

Directions

- 1 In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

Notes

Leftovers: Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

More Flavor: Toast in the oven or on the stovetop.

Additional Toppings: Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..



Kale & Tempeh Salad

3 servings
25 minutes

Ingredients

- 1 1/2 tbsps Coconut Aminos
- 2 1/4 tsps Balsamic Vinegar
- 3/4 tsp Chili Powder
- 1/3 tsp Smoked Paprika
- 1/8 tsp Sea Salt (divided)
- 150 grams Tempeh (cut into thin slices)
- 2 1/4 tbsps Lemon Juice
- 1 1/2 tbsps Water
- 1 1/2 tbsps Tahini
- 1/16 tsp Garlic Powder
- 6 cups Kale Leaves (finely chopped)
- 1 1/2 tbsps Hemp Seeds (optional)

Nutrition

Amount per serving	
Calories	200
Fat	13g
Carbs	11g
Fiber	3g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	339mg
Vitamin A	2367IU
Vitamin C	44mg
Calcium	203mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 4 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 5 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

Notes

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

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

Additional Toppings: Top with sesame seeds or nutritional yeast.



Simple Vanilla Protein Shake

4 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Vanilla Protein Powder
24 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg

Directions

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

Notes

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

More Flavor: Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder: Use chocolate or another flavor instead.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Baba Ganoush

4 servings

20 minutes

Ingredients

- 1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)
- 3 tbsps Avocado Oil
- 2 tbsps Tahini
- 2 tbsps Parsley (fresh, chopped)
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	175
Fat	15g
Carbs	11g
Fiber	5g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	160mg
Vitamin A	197IU
Vitamin C	10mg
Calcium	48mg
Iron	1mg

Directions

- 1 Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
- 2 Wrap the eggplant in the foil and let rest for 5 minutes.
- 3 Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
- 4 Transfer to a bowl and enjoy!

Notes

No Parsley: Use cilantro or basil instead. Can also omit completely.

No Avocado Oil: Use olive oil instead.

No Lemon: Use apple cider vinegar to taste.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serve it With: Crackers, veggie sticks, with burgers or on salad.



Tempeh & Arugula Benedict

1 serving
35 minutes

Ingredients

113 grams Tempeh (cut into 2 x 2-inch squares)
1/2 Sweet Potato (large, cut into rounds)
1 tbsp Extra Virgin Olive Oil (divided)
2 tbsps Cashews (raw, soaked for at least 6 hours, drained & rinsed)
1 1/2 tpsps Lemon Juice
1/8 tsp Turmeric
1/4 tsp Sea Salt
2 tbsps Water
1/2 cup Arugula

Nutrition

Amount per serving	
Calories	497
Fat	34g
Carbs	29g
Fiber	3g
Sugar	4g
Protein	27g
Cholesterol	0mg
Sodium	642mg
Vitamin A	9459IU
Vitamin C	6mg
Calcium	173mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C). Brush both sides of the tempeh and sweet potato rounds with half of the oil. Place them on a baking sheet and bake in the oven for 30 minutes, or until the sweet potato is fork-tender.
- 2 Add the remaining oil, cashews, lemon juice, turmeric, salt, and water to a blender. Blend for approximately one minute, or until smooth and creamy. Add a little more water if necessary to achieve your desired consistency.
- 3 Stack the sweet potato rounds, arugula, and tempeh, then drizzle on the cashew hollandaise. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Ingredients are best kept separately before serving.

Serving Size: One serving is equal to two sweet potato rounds, two pieces of tempeh, 1/2 cup of arugula, and approximately 1/4 cup of cashew hollandaise.

More Flavor: Add garlic powder or smoked paprika to the hollandaise. Use smoked tempeh.

Additional Toppings: Microgreens or tomato slices.

Short on Time: Soak the cashews in boiling water for 10 minutes.



Roasted Edamame

4 servings
45 minutes

Ingredients

4 cups Frozen Edamame
2 tbsps Extra Virgin Olive Oil
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	247
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	304mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	98mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Simple Chocolate Protein Shake

4 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Chocolate Protein Powder
24 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg

Directions

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

Notes

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

More Flavor: Use frozen fruit instead of ice cubes.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

No Chocolate Protein: Use vanilla or another flavour instead.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Creamy Pesto Dip & Cherry Tomatoes

4 servings

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1/2 cup Pesto
2 cups Cherry Tomatoes

Nutrition

Amount per serving	
Calories	159
Fat	13g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	200mg
Vitamin A	1107IU
Vitamin C	10mg
Calcium	166mg
Iron	0mg

Directions

1

In a small bowl combine the yogurt and pesto. Serve with the cherry tomatoes and enjoy!

Notes

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

Pesto: Use store-bought or homemade pesto.

Make It Vegan: Ensure pesto is dairy-free or vegan-friendly.

No Cherry Tomatoes: Use bell pepper, cucumber or celery instead.



Grilled Taco Seasoned Tempeh & Veggie Skewers

2 servings**35 minutes**

Ingredients

249 grams Tempeh (cut into cubes)
1 Zucchini (small, chopped)
1/2 Red Bell Pepper (chopped)
1/2 Yellow Bell Pepper (chopped)
1/2 cup Red Onion (chopped)
2 tbsps Avocado Oil
2 tbsps Coconut Aminos
2 tsps Taco Seasoning
4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	441
Fat	28g
Carbs	27g
Fiber	3g
Sugar	9g
Protein	28g
Cholesterol	0mg
Sodium	548mg
Vitamin A	1221IU
Vitamin C	144mg
Calcium	181mg
Iron	5mg

Directions

- 1 Add all of the ingredients, except the barbecue skewers, to a bowl and toss to combine. Marinate for 10 to 15 minutes.
- 2 Thread the vegetables and tempeh onto the barbecue skewers.
- 3 Heat the grill over medium heat. Place the skewers on the grill and cook for three to four minutes per side or until the vegetables and tempeh are slightly charred. Brush the remaining marinade onto each skewer. Enjoy!

Notes

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

Serving Size: One serving is two skewers.

No Taco Seasoning: Use other seasoning blend of choice.



One Pan Tofu, Brussels Sprouts & Cauliflower

3 servings
45 minutes

Ingredients

675 grams Tofu (extra firm, drained)
1 1/2 tbsps Tamari
1 1/2 tbsps Avocado Oil
1 1/2 tpsps Maple Syrup
1 1/2 tbsps Arrowroot Powder
1 1/2 cups Brussels Sprouts (trimmed and halved)
3/4 head Cauliflower (chopped into florets)
1 1/2 tpsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	369
Fat	23g
Carbs	21g
Fiber	7g
Sugar	8g
Protein	28g
Cholesterol	0mg
Sodium	568mg
Vitamin A	332IU
Vitamin C	108mg
Calcium	720mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives: The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.



Peanut Maple Tempeh

2 servings
30 minutes

Ingredients

- 2 tbsps Soy Sauce
- 1 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Sesame Oil
- 1/2 tsp Lime Juice
- 1 tbsp Water
- 250 grams Tempeh (sliced)
- 1/2 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	380
Fat	22g
Carbs	23g
Fiber	1g
Sugar	10g
Protein	29g
Cholesterol	0mg
Sodium	891mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	166mg
Iron	4mg

Directions

- 1 In a large bowl, whisk together soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water.
- 2 Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 3 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes. Serve immediately and enjoy!

Notes

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

Serving Size: One serving size is equal to approximately 125 grams or four slices of tempeh.

Gluten-Free: Substitute soy sauce for gluten-free tamari.

More Flavor: For a bit of heat, whisk in sriracha to the marinade.

Additional Tip: This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.



Cozy Tofu Shakshuka

4 servings
30 minutes

Ingredients

- 396 grams Tofu (firm, pat dry)
- 1/4 cup Water
- 1 Red Bell Pepper (chopped)
- 2 tsps Paprika
- 1 tsp Cumin
- 2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
- 3/4 cup Parsley (finely chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	217
Fat	13g
Carbs	16g
Fiber	7g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	366mg
Vitamin A	3163IU
Vitamin C	66mg
Calcium	388mg
Iron	4mg

Directions

- 1 Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
- 2 Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender, about 3 to 4 minutes.
- 3 Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
- 4 Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
- 5 Garnish with the crumbled tofu, remaining parsley and avocado. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/4 cups.

More Flavor: Use oil or broth instead of water. Add onion, garlic and/or chili powder.



Tofu & Broccoli Salad with Peanut Sauce

2 servings
50 minutes

Ingredients

241 grams Tofu (extra-firm, pressed, cubed)
1 tbsp Tamari (divided)
1 tbsp Rice Vinegar (divided)
2 1/4 tsps Sesame Oil (divided)
1 1/2 tsps Arrowroot Powder
2 tsps All Natural Peanut Butter
1 tbsp Water
1 1/2 cups Broccoli (chopped into tiny florets)
2 2/3 tsps Radishes (thinly sliced)
2 tsps Raw Peanuts (roughly chopped)

Nutrition

Amount per serving	
Calories	330
Fat	24g
Carbs	14g
Fiber	5g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	538mg
Vitamin A	426IU
Vitamin C	62mg
Calcium	392mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups of salad.

Nut-Free: Use sunflower seed butter and omit the peanuts.

More Flavor: Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

No Arrowroot Powder: Use cornstarch instead.



Creamy Roasted Garlic & Kale Soup with Cauliflower

2 servings
1 hour 15 minutes

Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Vegetable Broth (divided)

Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	1272mg
Vitamin A	2515IU
Vitamin C	114mg
Calcium	172mg
Iron	3mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With: An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick: If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Curried Tofu Scramble

2 servings
25 minutes

Ingredients

2 tsps Vegetable Broth
2/3 Red Bell Pepper (chopped)
1/3 Yellow Onion (chopped)
298 grams Tofu (extra firm, drained and pressed to remove water)
2/3 tsp Curry Powder
2 tsps Nutritional Yeast
1/8 tsp Sea Salt
2 cups Arugula

Nutrition

Amount per serving	
Calories	160
Fat	8g
Carbs	8g
Fiber	4g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	233mg
Vitamin A	1728IU
Vitamin C	54mg
Calcium	467mg
Iron	5mg

Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

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

No Vegetable Broth: Use avocado oil or extra virgin olive oil instead.

More Flavor: Add mushrooms or fresh herbs to the dish.



Broccoli Almond Protein Salad

2 servings
20 minutes

Ingredients

2 cups Broccoli (chopped into small florets)
1 cup Frozen Edamame (shelled)
2 stalks Green Onion (sliced)
1/4 cup Almonds (chopped)
2 tbsps Almond Butter
1 1/2 tsps Rice Vinegar
1 1/2 tsps Tamari (or Coconut Aminos)
1 1/2 tsps Maple Syrup
1 1/2 tsps Sesame Oil
1/2 Garlic (clove, minced)
1 tbsp Water

Nutrition

Amount per serving	
Calories	374
Fat	25g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	290mg
Vitamin A	1278IU
Vitamin C	88mg
Calcium	208mg
Iron	4mg

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.



Crispy Peanut Tofu with Cauliflower Rice

2 servings
40 minutes

Ingredients

227 grams Tofu (extra firm, drained)
1 1/2 tsps Sesame Oil
1 1/2 tbsps Tamari
2 1/4 tsps Coconut Sugar
1 1/4 tbsps All Natural Peanut Butter
1/2 head Cauliflower (medium, grated into rice)
1/2 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	243
Fat	15g
Carbs	16g
Fiber	5g
Sugar	8g
Protein	18g
Cholesterol	0mg
Sodium	805mg
Vitamin A	6IU
Vitamin C	74mg
Calcium	361mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
- 2 While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
- 3 Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
- 4 Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

Notes

No Tamari: Use soy sauce or coconut aminos.

No Cauliflower: Use regular rice instead.

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

No Coconut Sugar: Use another type of sweetener such as honey or brown sugar.

Likes it Spicy: Garnish with red pepper flakes.

Herb Lover: Garnish with fresh mint.