




























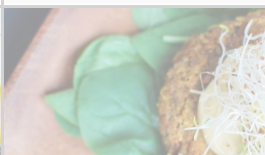
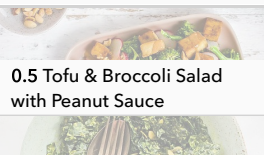
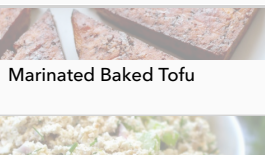



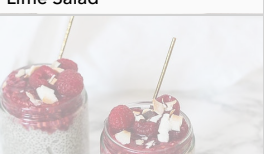

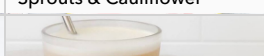







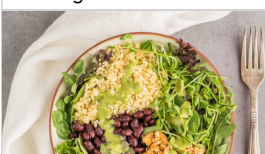
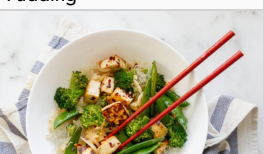
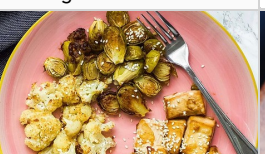

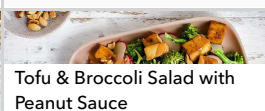
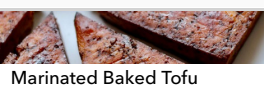
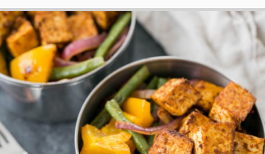
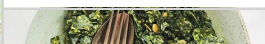
























**EXERCISE**  
*with Style*

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

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry Pineapple Smoothie	 Strawberry Pineapple Smoothie	 Strawberry Pineapple Smoothie	 4 Tofu Rancheros	 4 Tofu Rancheros	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie
	 Coconut Chia Pudding	 Coconut Chia Pudding	 Coconut Chia Pudding			 Poached Pears	 Poached Pears
Snack 1	 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame	 Salt & Vinegar Roasted Edamame	 Dates	 Dates	 Dates	 Dates
				 Stuffed Avocado with Sumac-Spiced Black Beans	 Stuffed Avocado with Sumac-Spiced Black Beans	 Stuffed Avocado with Sumac-Spiced Black Beans	 Stuffed Avocado with Sumac-Spiced Black Beans
Lunch	 Tempeh Cauliflower Bowl	 Black Bean, Tofu & Cilantro Lime Salad	 1.5 Shirataki Noodle Tofu Stir Fry	 One Pan Tofu, Brussels Sprouts & Cauliflower	 2 Powerhouse Veggie Burgers	 0.5 Tofu & Broccoli Salad with Peanut Sauce	 Marinated Baked Tofu
						 Curried Kale Salad	 0.5 Vegan 'Tuna' Salad
Snack 2	 Raspberry Chia Protein Pudding	 1.5 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake
				 Celery with Sunflower Seed Butter & Olives	 Celery with Sunflower Seed Butter & Olives	 Celery with Sunflower Seed Butter & Olives	 Celery with Sunflower Seed Butter & Olives
Dinner	 Black Bean, Tofu & Cilantro Lime Salad	 Shirataki Noodle Tofu Stir Fry	 One Pan Tofu, Brussels Sprouts & Cauliflower	 2 Powerhouse Veggie Burgers	 Tofu & Broccoli Salad with Peanut Sauce	 Marinated Baked Tofu	 2 One Pan Paprika Tofu & Veggies
					 Curried Kale Salad	 Vegan 'Tuna' Salad	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  53%	Fat  51%	Fat  51%	Fat  45%	Fat  48%	Fat  47%	Fat  44%
Carbs  26%	Carbs  27%	Carbs  25%	Carbs  30%	Carbs  29%	Carbs  33%	Carbs  35%
Protein  21%	Protein  22%	Protein  24%	Protein  25%	Protein  23%	Protein  20%	Protein  21%
Calories 1841	Calories 1747	Calories 1731	Calories 1813	Calories 1955	Calories 1722	Calories 1692
Fat 115g	Fat 105g	Fat 105g	Fat 99g	Fat 113g	Fat 97g	Fat 90g
Carbs 124g	Carbs 122g	Carbs 116g	Carbs 149g	Carbs 155g	Carbs 152g	Carbs 157g
Fiber 51g	Fiber 55g	Fiber 51g	Fiber 56g	Fiber 59g	Fiber 42g	Fiber 42g
Sugar 31g	Sugar 32g	Sugar 41g	Sugar 59g	Sugar 60g	Sugar 79g	Sugar 83g
Protein 102g	Protein 103g	Protein 112g	Protein 124g	Protein 124g	Protein 92g	Protein 96g
Cholesterol 5mg	Cholesterol 6mg	Cholesterol 5mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 8mg	Cholesterol 8mg
Sodium 2072mg	Sodium 1330mg	Sodium 1474mg	Sodium 4382mg	Sodium 4682mg	Sodium 2151mg	Sodium 2575mg
Vitamin A 2192IU	Vitamin A 2084IU	Vitamin A 2737IU	Vitamin A 27796IU	Vitamin A 30430IU	Vitamin A 4674IU	Vitamin A 5139IU
Vitamin C 160mg	Vitamin C 237mg	Vitamin C 364mg	Vitamin C 297mg	Vitamin C 312mg	Vitamin C 203mg	Vitamin C 309mg
Calcium 1800mg	Calcium 2318mg	Calcium 2613mg	Calcium 2467mg	Calcium 2353mg	Calcium 1938mg	Calcium 2255mg
Iron 21mg	Iron 27mg	Iron 30mg	Iron 32mg	Iron 33mg	Iron 16mg	Iron 18mg

**Fruits**

- 2 1/3 Avocado
- 1/2 Lemon
- 1/3 cup Lemon Juice
- 2 Pear
- 2 cups Pineapple
- 1 1/2 cups Raspberries
- 2 1/4 cups Strawberries

**Breakfast**

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 1/3 tsp Black Pepper
- 1 cup Chia Seeds
- 3/4 tsp Chili Flakes
- 1 1/2 tsps Curry Powder
- 1/2 tsp Dried Thyme
- 1/2 tsp Ground Sumac
- 1 1/2 tsps Paprika
- 2 tbsps Pumpkin Seeds
- 2 tbsps Raw Peanuts
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 1/2 cups Sunflower Seeds
- 1 1/3 tsps Taco Seasoning
- 1 1/8 tbsps Turmeric

**Frozen**

- 1 1/3 cups Cauliflower Rice
- 3 cups Frozen Edamame
- 1 1/2 cups Frozen Pineapple
- 24 Ice Cubes

**Vegetables**

- 2 cups Arugula
- 4 1/2 cups Broccoli
- 1 cup Brussels Sprouts
- 1/2 Carrot
- 1/2 head Cauliflower
- 13 stalks Celery
- 2 tbsps Cherry Tomatoes
- 1 cup Cilantro
- 2 tbsps Fresh Dill
- 5 1/3 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 2 Green Bell Pepper
- 2 Jalapeno Pepper
- 5 cups Kale Leaves
- 1 1/3 cups Microgreens
- 2 2/3 cups Mixed Greens
- 2 2/3 tbsps Radishes
- 2/3 cup Red Onion
- 16 leaves Romaine
- 1 1/2 cups Snap Peas
- 1/2 Sweet Onion
- 4 Tomato
- 1/2 Yellow Bell Pepper
- 3 1/2 Yellow Onion
- 1/2 Zucchini

**Boxed & Canned**

- 1/2 cup Black Beans
- 1 1/8 cups Canned Coconut Milk
- 2 tbsps Corn
- 1 cup Green Lentils
- 2 2/3 tbsps Millet
- 340 grams Shirataki Noodles

**Baking**

- 1/3 cup Almond Flour
- 1 1/2 tbsps Arrowroot Powder
- 2 tbsps Nutritional Yeast
- 1 cup Pitted Dates

**Bread, Fish, Meat & Cheese**

- 85 grams Tempeh
- 2.6 kilograms Tofu

**Condiments & Oils**

- 3 1/2 tbsps Avocado Oil
- 2 tbsps Balsamic Vinegar
- 2 2/3 tbsps Cilantro Lime Dressing
- 1 tbsp Coconut Aminos
- 3 1/2 tbsps Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 2 1/2 tbsps Rice Vinegar
- 2 tbsps Sauerkraut
- 2 1/4 tbsps Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 3 tbsps Tahini
- 1/4 cup Tamari
- 1/3 cup White Distilled Vinegar

**Cold**

- 8 1/8 cups Unsweetened Almond Milk

**Other**

- 1/2 cup Protein Powder
- 2 cups Vanilla Protein Powder
- 3 cups Water

- 
- 1/4 cup Unsweetened Coconut Flakes
  - 1 1/2 tsps Vanilla Extract



## Strawberry Pineapple Smoothie

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 2 1/4 cups Strawberries (chopped)
- 1 1/2 cups Frozen Pineapple
- 1/2 cup Protein Powder

### Nutrition

Amount per serving	
Calories	147
Fat	2g
Carbs	21g
Fiber	4g
Sugar	13g
Protein	14g
Cholesterol	3mg
Sodium	108mg
Vitamin A	310IU
Vitamin C	103mg
Calcium	329mg
Iron	1mg

### Directions

1

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**More Flavor:** Swap almond milk for orange juice.



## Coconut Chia Pudding

3 servings

1 hour

### Ingredients

- 1 1/8 cups Canned Coconut Milk
- 1 1/8 cups Water
- 1/3 cup Chia Seeds
- 1 1/2 tsps Vanilla Extract

### Nutrition

Amount per serving	
Calories	278
Fat	23g
Carbs	13g
Fiber	8g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	28mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	166mg
Iron	2mg

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.



## Tofu Rancheros

8 servings  
30 minutes

### Ingredients

- 1/2 cup Water (divided)
- 2 Yellow Onion (chopped)
- 2 Green Bell Pepper (chopped)
- 2 Jalapeno Pepper (seeds removed, finely chopped)
- 4 Tomato (medium, chopped)
- 2 tsps Sea Salt (divided)
- 680 grams Tofu (extra firm, drained, crumbled)
- 2 tbsps Nutritional Yeast
- 2 tsps Turmeric
- 16 leaves Romaine
- 1 cup Cilantro (for garnish)

### Nutrition

Amount per serving	
Calories	118
Fat	5g
Carbs	10g
Fiber	5g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	631mg
Vitamin A	5991IU
Vitamin C	40mg
Calcium	280mg
Iron	4mg

### Directions

- 1 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 2 Add in the tomatoes and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 3 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 4 Divide the tofu, salsa fresca and romaine lettuce leaves onto plates. Garnish with cilantro and enjoy!

### Notes

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

**Serving Size:** Each serving equals approximately 1/3 cup of tofu, 3/4 cup of salsa fresca and two romaine leaves.

**Additional Toppings:** Add avocado, guacamole, refried beans and/or rice.

**More Flavor:** Cook with oil instead of water.





## Pineapple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
2 cups Pineapple (diced into chunks)  
1 tbsp Ginger (peeled and grated)  
1/2 cup Vanilla Protein Powder  
1 tsp Turmeric (powder)

### Nutrition

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

### Directions

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

### Notes

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

**No Pineapple:** Use mango, peaches or banana instead.



## Poached Pears

2 servings  
20 minutes

### Ingredients

2 Pear (peeled, cored and quartered)

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg

### Directions

1

Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

### Notes

**Extra Flavour:** Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

**Serve It With:** Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

**Leftovers:** Store in a covered container in the fridge up to 3 days.



## Salt & Vinegar Roasted Edamame

3 servings  
1 hour 10 minutes

### Ingredients

- 3 cups Frozen Edamame (thawed)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/3 cup White Distilled Vinegar
- 3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	253
Fat	15g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	600mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	100mg
Iron	4mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the edamame, oil, vinegar, and salt. Toss to combine. Let the edamame marinate for 10 to 15 minutes.
- 3 Drain the edamame of any excess liquid and spread it out evenly onto the baking sheet.
- 4 Place in the oven and cook for 30 to 40 minutes, or until golden brown, stirring halfway through. Cool for 10 minutes. Enjoy!

### Notes

**Leftovers:** Store at room temperature in an airtight container for up to four days. Re-crisp in the oven as needed.

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

**No Distilled Vinegar:** Use apple cider vinegar instead.



## Dates

4 servings

5 minutes

### Ingredients

1 cup Pitted Dates

### Nutrition

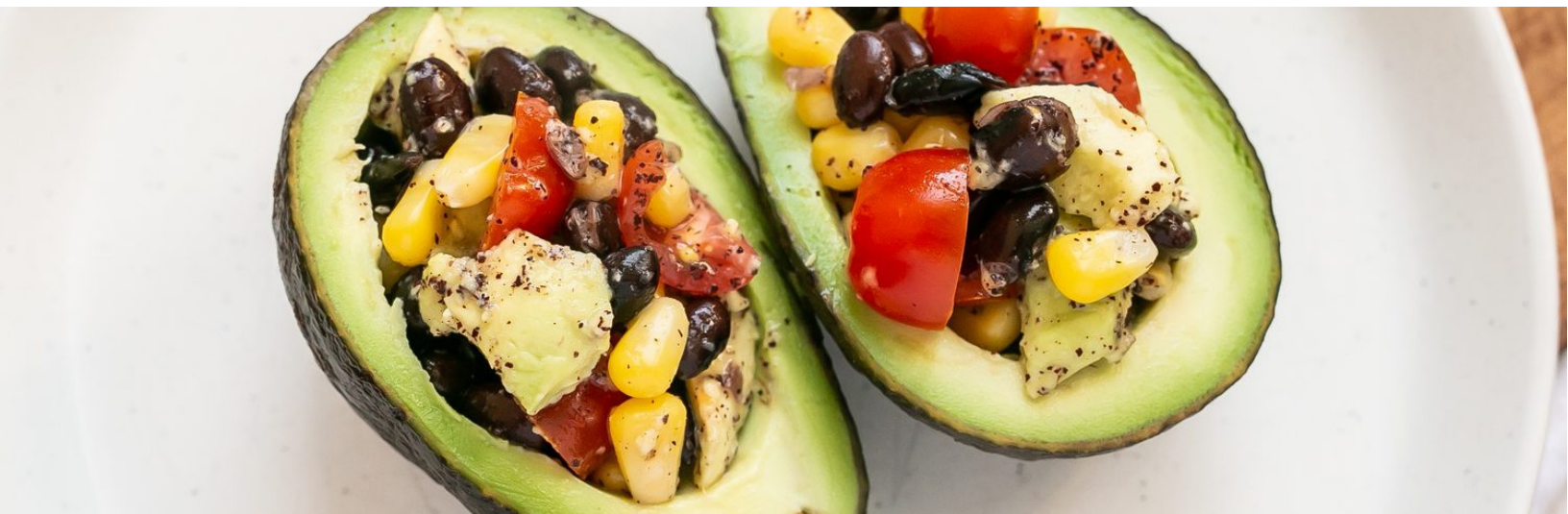
Amount per serving	
Calories	104
Fat	0g
Carbs	28g
Fiber	3g
Sugar	23g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	14mg
Iron	0mg

### Directions

- 1 Place pitted dates on a plate. Enjoy!

### Notes

**Additional Toppings:** Add flaky salt on top.



## Stuffed Avocado with Sumac-Spiced Black Beans

4 servings  
10 minutes

### Ingredients

2 Avocado (large, halved)  
3 tbsps Black Beans (cooked, rinsed)  
2 tbsps Cherry Tomatoes (sliced into quarters)  
2 tbsps Corn (fresh or frozen/thawed)  
1/2 tsp Ground Sumac  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	178
Fat	15g
Carbs	12g
Fiber	8g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	8mg
Vitamin A	198IU
Vitamin C	11mg
Calcium	16mg
Iron	1mg

### Directions

- 1 Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the black bean mixture to go.
- 2 In a bowl, combine the scooped avocado flesh with the remaining ingredients.
- 3 Stuff the avocado with the black bean mixture. Serve immediately and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one half of a stuffed avocado.

**More Flavor:** Add lemon juice or additional spices, such as cayenne or chili flakes.



## Tempeh Cauliflower Bowl

1 serving  
30 minutes

### Ingredients

85 grams Tempeh (sliced into strips)  
2 tsps Tamari  
1/16 tsp Paprika  
1 tsp Avocado Oil  
1 1/3 cups Cauliflower Rice  
1 tbsp Tahini  
1 tsp Maple Syrup  
2 tsps Lemon Juice  
1 tbsp Water  
1/16 tsp Sea Salt  
2 cups Arugula  
1/3 Avocado (sliced)  
1 tbsp Sunflower Seeds

### Nutrition

Amount per serving	
Calories	512
Fat	36g
Carbs	30g
Fiber	10g
Sugar	9g
Protein	28g
Cholesterol	0mg
Sodium	838mg
Vitamin A	1153IU
Vitamin C	17mg
Calcium	273mg
Iron	5mg

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

### Notes

**Leftovers:** Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

**More Flavor:** Add chili flakes to the cauliflower rice.

**Additional Toppings:** Add cooked sweet potato or other veggies if desired.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil.



## Raspberry Chia Protein Pudding

4 servings  
30 minutes

### Ingredients

- 1/2 cup Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 1 1/2 cups Raspberries (divided)
- 1/4 cup Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	228
Fat	12g
Carbs	18g
Fiber	13g
Sugar	2g
Protein	15g
Cholesterol	2mg
Sodium	105mg
Vitamin A	265IU
Vitamin C	12mg
Calcium	447mg
Iron	3mg

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

### Notes

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

**Nut-Free:** Use coconut milk instead of almond milk.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## 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.





## Celery with Sunflower Seed Butter & Olives

4 servings

5 minutes

### Ingredients

12 stalks Celery (cut into sticks)  
1/4 cup Sunflower Seed Butter  
1/2 cup Pitted Kalamata Olives

### Nutrition

Amount per serving	
Calories	135
Fat	11g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	220mg
Vitamin A	603IU
Vitamin C	4mg
Calcium	73mg
Iron	2mg

### Directions

- 1 Arrange all ingredients on a plate. Enjoy!

### Notes

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

**No Sunflower Seed Butter:** Use hummus, baba ganoush, tzatziki or any nut butter instead.



## Black Bean, Tofu & Cilantro Lime Salad

2 servings  
25 minutes

### Ingredients

- 2 2/3 tbsps Millet (dry)
- 302 grams Tofu (firm)
- 2 tsps Avocado Oil
- 2 2/3 tbsps Water
- 1 1/3 tsps Taco Seasoning
- 2 2/3 cups Mixed Greens
- 1 1/3 cups Microgreens
- 1/3 cup Black Beans (cooked and rinsed)
- 2 2/3 tbsps Cilantro Lime Dressing

### Nutrition

Amount per serving	
Calories	423
Fat	27g
Carbs	28g
Fiber	8g
Sugar	3g
Protein	22g
Cholesterol	0mg
Sodium	393mg
Vitamin A	2IU
Vitamin C	19mg
Calcium	485mg
Iron	6mg

### Directions

- 1 Cook the millet according to package instructions. Set aside.
- 2 Press the tofu with paper towels to remove excess moisture.
- 3 Heat the oil in a skillet over medium-high heat. Add the tofu, breaking it up as it cooks, stirring frequently, for four to six minutes or until golden. Add the water and the taco seasoning and continue cooking for two minutes. Set aside to cool.
- 4 Divide the greens, microgreens, beans, cooked millet, and tofu evenly between bowls and top with the dressing. Enjoy!

### Notes

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

**More Flavor:** Cook the millet in broth instead of water. Serve with tortilla chips.

**Additional Toppings:** Salsa, avocado, cilantro, green onions, seeds, roasted nuts and/or a dressing of your choice.



## Shirataki Noodle Tofu Stir Fry

3 servings  
20 minutes

### Ingredients

2 1/4 tpsps Extra Virgin Olive Oil  
510 grams Tofu (extra firm, pressed, cubed)  
1 1/2 Yellow Onion (chopped)  
3 Garlic (cloves, large, sliced)  
3 cups Broccoli (cut into florets)  
1 1/2 cups Snap Peas (trimmed)  
1 1/2 tbsps Rice Vinegar  
1 1/2 tbsps Sesame Oil  
340 grams Shirataki Noodles  
3/4 tsp Chili Flakes

### Nutrition

Amount per serving	
Calories	304
Fat	20g
Carbs	19g
Fiber	7g
Sugar	9g
Protein	21g
Cholesterol	0mg
Sodium	43mg
Vitamin A	912IU
Vitamin C	88mg
Calcium	567mg
Iron	9mg

### Directions

- 1 Heat the oil in a large skillet over medium heat. Add the tofu to the pan and brown the tofu on all sides. Remove from the pan and set aside.
- 2 In the same pan, add the onion and garlic and sauté for two minutes. Then, add the broccoli, snap peas, rice vinegar, and sesame oil. Sauté for three to four minutes or until tender-crisp.
- 3 Add the tofu, noodles, and chili flakes to the pan. Toss well to coat the noodles. Divide evenly between bowls and enjoy!

### Notes

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

**More Flavor:** Add sea salt, soy sauce, coconut aminos, and/or hot sauce.

**Additional Toppings:** Chopped cashews, chopped cilantro, and/or sesame seeds.



## One Pan Tofu, Brussels Sprouts & Cauliflower

2 servings  
45 minutes

### Ingredients

- 450 grams Tofu (extra firm, drained)
- 1 tbsp Tamari
- 1 tbsp Avocado Oil
- 1 tsp Maple Syrup
- 1 tbsp Arrowroot Powder
- 1 cup Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (chopped into florets)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tps 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.



## Powerhouse Veggie Burgers

4 servings  
1 hour 20 minutes

### Ingredients

- 1 1/3 tpsps Extra Virgin Olive Oil
- 1/2 Sweet Onion (finely diced)
- 1 Garlic (cloves, minced)
- 1/2 Carrot (grated)
- 1/2 Zucchini (grated)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 cup Sunflower Seeds
- 1/2 tsp Turmeric
- 1 3/4 tbsps Tamari
- 1/3 cup Almond Flour

### Nutrition

Amount per serving	
Calories	225
Fat	14g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	458mg
Vitamin A	1181IU
Vitamin C	7mg
Calcium	55mg
Iron	3mg

### Directions

- 1 Heat a large skillet over medium heat and add olive oil. Add the onion and saute until translucent. Add the garlic and saute for another minute. Add the carrot and zucchini and saute for 5 minutes or until softened. Remove from heat and set aside.
- 2 In a food processor combine lentils, sunflower seeds, turmeric and tamari. Blend until smooth and transfer to a large mixing bowl.
- 3 Transfer the cooked veggies to the mixing bowl and add your almond flour. Mix well with a spatula.
- 4 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 5 Divide the mixture into even patties and transfer onto the baking sheet. (Note: If the dough is too wet, you may need to adjust the amount of almond flour or let it sit in the fridge for 10 to 20 minutes so it will firm up.)
- 6 Bake in the oven for 60 minutes, flipping halfway through.
- 7 Remove burgers from oven. Serve on a bed of greens or in a lettuce wrap with your burger toppings of choice. Enjoy!

### Notes

**Leftovers:** Store in the freezer in an airtight container. Defrost on the counter and place back in the oven to crisp up when ready to eat.

**Serving Size:** One serving is equal to one burger patty.

**Skip the Oven:** Fry the patties in a skillet or grill them on the barbecue.

**Toppings:** Avocado, tomato, dijon mustard, plant-based cheese, sprouts, spinach, lettuce, or pickles.

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**Bun Alternatives:** Grilled eggplant slices, lettuce wraps, cauliflower steaks or portobello mushroom caps.



## 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.



## Curried Kale Salad

2 servings

15 minutes

### Ingredients

- 1/4 cup Lemon Juice
- 2 tbsps Tahini
- 1 tbsp Coconut Aminos
- 1 tsp Maple Syrup
- 1 1/2 tsps Curry Powder
- 1/8 tsp Sea Salt
- 5 cups Kale Leaves (washed, dried and thinly sliced)
- 2 tbsps Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	181
Fat	13g
Carbs	13g
Fiber	5g
Sugar	5g
Protein	7g
Cholesterol	0mg
Sodium	330mg
Vitamin A	2540IU
Vitamin C	61mg
Calcium	214mg
Iron	3mg

### Directions

- 1 In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
- 2 Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. To keep longer, store the dressing separately from the kale.

**No Coconut Aminos:** Use tamari instead.





## Marinated Baked Tofu

2 servings  
40 minutes

### Ingredients

225 grams Tofu (firm, drained)  
1 tbsp Maple Syrup  
2 tbsps Balsamic Vinegar  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Garlic (clove, minced)  
1/2 tsp Sea Salt  
1/4 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	165
Fat	9g
Carbs	11g
Fiber	1g
Sugar	9g
Protein	11g
Cholesterol	0mg
Sodium	600mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	335mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
- 3 In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
- 4 Place the baking dish in the oven and bake for 20 minutes, uncovered.
- 5 Remove from the oven and enjoy!

### Notes

**Leftovers:** Keeps well in an airtight container in the fridge for up to 5 days.



## Vegan 'Tuna' Salad

2 servings  
35 minutes

### Ingredients

- 1 cup Sunflower Seeds (raw)
- 1 cup Water (hot)
- 2 tbsps Sauerkraut (juice only)
- 1/2 Lemon (juiced)
- 1/4 tsp Sea Salt
- 2 tbsps Red Onion (finely diced)
- 1 stalk Celery (finely diced)
- 2 tbsps Fresh Dill (finely chopped)

### Nutrition

Amount per serving	
Calories	384
Fat	32g
Carbs	18g
Fiber	8g
Sugar	3g
Protein	13g
Cholesterol	0mg
Sodium	375mg
Vitamin A	141IU
Vitamin C	9mg
Calcium	71mg
Iron	3mg

### Directions

- 1 Soak the sunflower seeds in hot water for 20 minutes, then drain.
- 2 Place the soaked seeds, sauerkraut juice, lemon juice, and salt into your food processor or blender. Pulse gently until the texture is just slightly chunky.
- 3 Transfer to a mixing bowl and stir in the onion, celery and dill. Toss well and enjoy!

### Notes

Serve it With: Crackers, brown rice chips, veggie sticks, on a salad or sandwich.

No Sauerkraut Juice: Use pickle juice or apple cider vinegar.



## One Pan Paprika Tofu & Veggies

2 servings  
30 minutes

### Ingredients

- 1 Garlic (cloves, minced)
- 1 1/2 tsps Paprika
- 1/2 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 1/2 tbsps Avocado Oil (divided)
- 225 grams Tofu (firm, patted dry and cubed)
- 1/2 cup Red Onion (sliced)
- 1/2 Yellow Bell Pepper (roughly chopped)
- 2 cups Green Beans (trimmed and halved)

### Nutrition

Amount per serving	
Calories	254
Fat	17g
Carbs	17g
Fiber	6g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	605mg
Vitamin A	1644IU
Vitamin C	101mg
Calcium	381mg
Iron	4mg

### Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with foil.
- 2 In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
- 3 Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
- 4 Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
- 5 Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

### Notes

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

**No Tofu:** Use tempeh or chickpeas in the paprika mixture instead.