






















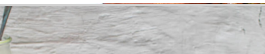






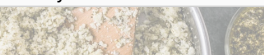



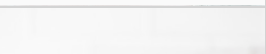






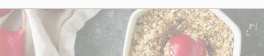
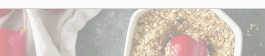





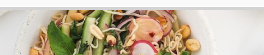

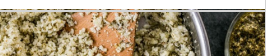


























EXERCISE
with Style

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

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chickpea Breakfast Scramble	 Chickpea Breakfast Scramble	 Chickpea Breakfast Scramble	 4 Silken Tofu Scramble	 4 Silken Tofu Scramble	 Chocolate Cherry Green Smoothie	 Chocolate Cherry Green Smoothie
	 High Fiber Seed Loaf	 High Fiber Seed Loaf	 High Fiber Seed Loaf			 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini
Snack 1	 Roasted Edamame	 Roasted Edamame	 Roasted Edamame	 Green Tea Banana Ice Cream	 Green Tea Banana Ice Cream	 Green Tea Banana Ice Cream	 Green Tea Banana Ice Cream
				 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 & Arugula Benedict	 Tempeh & Guacamole Wrap	 1.5 Spiced Tofu with Avocado & Cauliflower Rice	 Peanut Maple Tempeh	 2 Mushroom Lentil Burgers	 0.5 Shirataki Noodle Tofu Stir Fry	 Cucumber & Ginger Noodles
						 Pesto Cauliflower Rice	 0.5 One Pan Roasted Edamame & Broccoli Salad
Snack 2	 Chocolate Strawberry Chia Pudding	 1.5 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake
				 Radishes with Dukkah	 Radishes with Dukkah	 Radishes with Dukkah	 Radishes with Dukkah
Dinner	 Tempeh & Guacamole Wrap	 Spiced Tofu with Avocado & Cauliflower Rice	 Peanut Maple Tempeh	 2 Mushroom Lentil Burgers	 Shirataki Noodle Tofu Stir Fry	 Cucumber & Ginger Noodles	 2 Maple Mustard Kale Salad with Crispy Tofu
					 Pesto Cauliflower Rice	 One Pan Roasted Edamame & Broccoli Salad	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  48%	Fat  47%	Fat  49%	Fat  46%	Fat  47%	Fat  49%	Fat  47%
Carbs  30%	Carbs  31%	Carbs  28%	Carbs  29%	Carbs  29%	Carbs  31%	Carbs  33%
Protein  22%	Protein  22%	Protein  23%	Protein  25%	Protein  24%	Protein  20%	Protein  20%
Calories 1738	Calories 1661	Calories 1723	Calories 1777	Calories 1869	Calories 1926	Calories 1989
Fat 98g	Fat 92g	Fat 101g	Fat 95g	Fat 105g	Fat 111g	Fat 110g
Carbs 137g	Carbs 135g	Carbs 128g	Carbs 138g	Carbs 144g	Carbs 162g	Carbs 174g
Fiber 43g	Fiber 56g	Fiber 52g	Fiber 39g	Fiber 49g	Fiber 51g	Fiber 50g
Sugar 22g	Sugar 26g	Sugar 31g	Sugar 48g	Sugar 52g	Sugar 59g	Sugar 67g
Protein 100g	Protein 97g	Protein 106g	Protein 119g	Protein 117g	Protein 104g	Protein 109g
Cholesterol 2mg	Cholesterol 3mg	Cholesterol 2mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 8mg	Cholesterol 8mg
Sodium 1689mg	Sodium 1431mg	Sodium 2191mg	Sodium 2552mg	Sodium 1938mg	Sodium 1753mg	Sodium 2583mg
Vitamin A 11679IU	Vitamin A 2947IU	Vitamin A 1874IU	Vitamin A 3652IU	Vitamin A 5049IU	Vitamin A 6073IU	Vitamin A 12805IU
Vitamin C 117mg	Vitamin C 147mg	Vitamin C 80mg	Vitamin C 51mg	Vitamin C 210mg	Vitamin C 284mg	Vitamin C 327mg
Calcium 1058mg	Calcium 1500mg	Calcium 1431mg	Calcium 1046mg	Calcium 1576mg	Calcium 1861mg	Calcium 2326mg
Iron 22mg	Iron 21mg	Iron 22mg	Iron 23mg	Iron 29mg	Iron 24mg	Iron 25mg

Fruits

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

Breakfast

- 1 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Almond Butter
- 1 tbsp Green Tea Powder
- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 2/3 tbsps Almonds
- 1/8 tsp Black Pepper
- 2 tbsps Cashews
- 1/2 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 1 1/16 tps Chili Powder
- 1 tbsp Coriander Seed
- 1 1/4 tps Cumin
- 1/2 tsp Fennel Seed
- 1 1/2 tbsps Garlic Powder
- 1/2 tsp Ground Sumac
- 1/4 cup Hazelnuts
- 2 1/2 tps Paprika
- 2 1/3 tbsps Pumpkin Seeds
- 1/3 cup Raw Peanuts
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/3 tsp Smoked Paprika
- 2 1/3 tbsps Sunflower Seeds
- 2 1/8 tps Turmeric
- 3/4 cup Walnuts
- 2 1/3 tbsps Whole Flax Seeds

Frozen**Vegetables**

- 1/2 cup Arugula
- 2 cups Baby Spinach
- 4 1/2 cups Broccoli
- 1/2 head Cauliflower
- 2 1/4 stalks Celery
- 2 tbsps Cherry Tomatoes
- 3 tbsps Cilantro
- 3/4 Cucumber
- 4 1/16 Garlic
- 2/3 tsp Ginger
- 4 1/2 stalks Green Onion
- 6 cups Kale Leaves
- 1/3 cup Mint Leaves
- 2 cups Mixed Greens
- 3 1/3 tbsps Parsley
- 1 3/4 cups Portobello Mushroom
- 4 1/2 cups Radishes
- 1 1/8 Red Bell Pepper
- 3 1/3 tbsps Red Onion
- 1 cup Snap Peas
- 1/2 Sweet Potato
- 1 1/2 Yellow Onion

Boxed & Canned

- 3 tbsps Black Beans
- 1 1/2 cups Chickpeas
- 2 tbsps Corn
- 2 1/16 cups Fava Beans
- 1 cup Green Lentils
- 492 grams Shirataki Noodles
- 1/4 cup Vegetable Broth

Baking

- 1/3 cup Almond Flour
- 1 tbsp Arrowroot Powder
- 1 tsp Coconut Sugar
- 1/3 cup Nutritional Yeast
- 2/3 cup Oats
- 1 1/4 tbsps Psyllium Husks

Bread, Fish, Meat & Cheese

- 1.4 kilograms Silken Tofu
- 530 grams Tempeh
- 902 grams Tofu
- 2 Whole Wheat Tortilla

Condiments & Oils

- 2 1/2 tps Apple Cider Vinegar
- 3 1/4 tbsps Avocado Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 2 1/3 tbsps Rice Vinegar
- 1 1/8 tbsps Sesame Oil
- 2 tbsps Soy Sauce
- 1 tsp Tabasco Sauce
- 2 1/16 tbsps Tahini
- 2 tbsps Tamari

Cold

- 2 tbsps Guacamole
- 2 cups Plain Coconut Milk
- 4 2/3 cups Unsweetened Almond Milk

Other

- 2 cups Chocolate Protein Powder
- 2/3 cup Water

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



Chickpea Breakfast Scramble

3 servings
15 minutes

Ingredients

- 1/4 cup Vegetable Broth
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 2 tbsps Nutritional Yeast
- 1 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 cup Mixed Greens
- 1/3 cup Radishes (sliced)
- 1 tbsp Parsley (chopped)
- 1/2 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	167
Fat	2g
Carbs	26g
Fiber	8g
Sugar	4g
Protein	11g
Cholesterol	0mg
Sodium	285mg
Vitamin A	254IU
Vitamin C	6mg
Calcium	58mg
Iron	4mg

Directions

- 1 In a medium-sized pan, heat the vegetable broth over medium heat.
- 2 In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
- 3 Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
- 4 Remove the chickpea scramble from the stove and let it cool. Divide the mixed greens, radishes, parsley and green onions onto plates. Top with the chickpea scramble and enjoy!

Notes

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

Serving Size: One serving equals approximately 1/2 cup each of chickpeas and salad.



High Fiber Seed Loaf

3 servings

3 hours

Ingredients

- 2 1/3 tbsps Sunflower Seeds
- 2 1/3 tbsps Whole Flax Seeds
- 2 1/3 tbsps Pumpkin Seeds
- 1 1/4 tbsps Chia Seeds
- 2/3 cup Oats (rolled)
- 1 1/4 tbsps Psyllium Husks
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Avocado Oil
- 1/2 cup Water

Nutrition

Amount per serving	
Calories	245
Fat	17g
Carbs	19g
Fiber	8g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	125mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	75mg
Iron	3mg

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.



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 tpsps 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.



Egyptian Fava Beans with Tahini

2 servings

15 minutes

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	223mg
Vitamin A	40IU
Vitamin C	1mg
Calcium	129mg
Iron	4mg

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Roasted Edamame

3 servings

45 minutes

Ingredients

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 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.



Green Tea Banana Ice Cream

4 servings

5 minutes

Ingredients

4 Banana (sliced and frozen)

1 tbsp Green Tea Powder

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	13mg
Iron	1mg

Directions

1

Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).

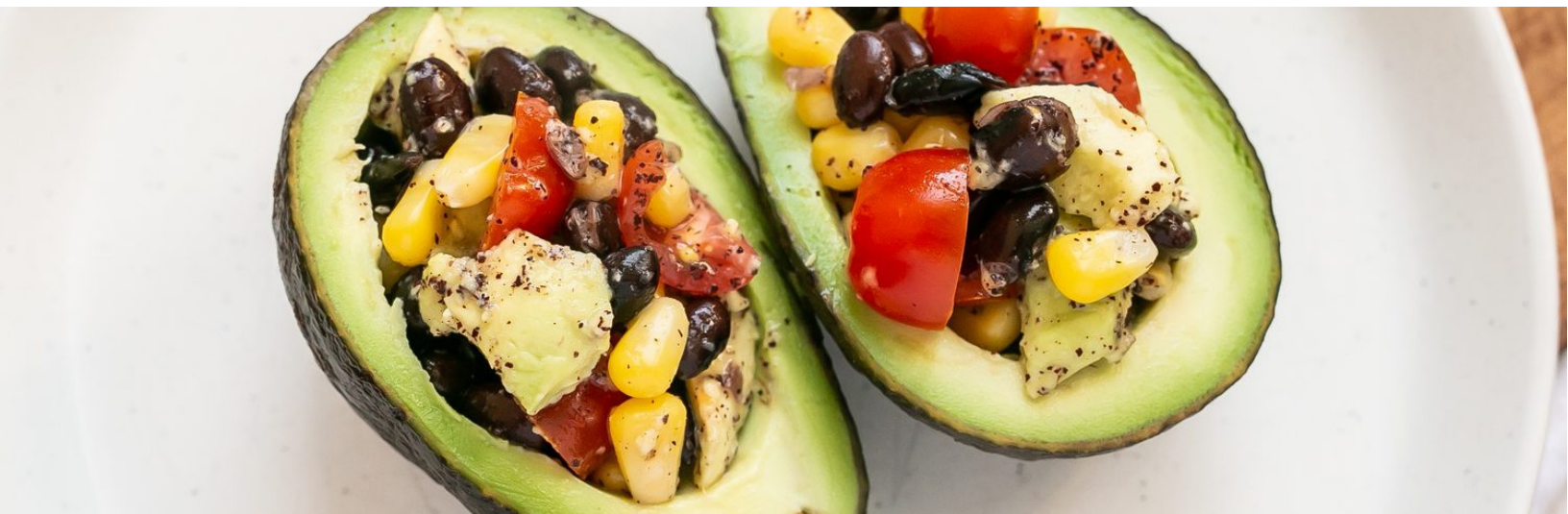
2

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.



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 & 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.



Chocolate Strawberry Chia Pudding

4 servings
30 minutes

Ingredients

- 1/2 cup Chia Seeds
- 2 cups Plain Coconut Milk
(unsweetened, from the carton)
- 1/2 cup Chocolate Protein Powder
- 2 cups Strawberries (halved)

Nutrition

Amount per serving	
Calories	219
Fat	10g
Carbs	20g
Fiber	10g
Sugar	7g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	258IU
Vitamin C	42mg
Calcium	447mg
Iron	2mg

Directions

- 1 In a large bowl, combine the chia seeds with the coconut 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 Top the chia pudding with the strawberries and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

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

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

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



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.



Radishes with Dukkah

4 servings
10 minutes

Ingredients

1/4 cup Hazelnuts (roasted, unsalted)
2 2/3 tbsps Almonds (roasted, unsalted)
1 tbsp Sesame Seeds (white and/or black, toasted)
1 tbsp Coriander Seed
1/2 tsp Fennel Seed
1/2 tsp Cumin (ground)
Sea Salt & Black Pepper (to taste)
4 cups Radishes (trimmed)

Nutrition

Amount per serving	
Calories	125
Fat	10g
Carbs	8g
Fiber	4g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	47mg
Vitamin A	14IU
Vitamin C	18mg
Calcium	91mg
Iron	2mg

Directions

- 1 To make the dukkah, combine the hazelnuts, almonds, sesame seeds, coriander, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 2 Dip the radishes in water, then into the dukkah. Enjoy!

Notes

Leftovers: Refrigerate the dukkah and radishes in separate airtight containers. The dukkah is good for up to two weeks. The radishes are good for up to five days.

Serving Size: Each serving equals approximately two tablespoons of dukkah and 5 to 6 radishes.

Nut-Free: Use sunflower seeds instead of walnuts and almonds.

More Flavor: Dip the radishes in oil or yogurt instead of water. Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

No Radishes: Use bread, brown rice tortillas, chopped bell peppers, cucumbers or carrots. You can also add the dukkah to soups, dips or salads.



Tempeh & Guacamole Wrap

2 servings
15 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
167 grams Tempeh (sliced)
2 Whole Wheat Tortilla (small)
2 tsps Guacamole
1 cup Mixed Greens
2/3 Red Bell Pepper (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	363
Fat	20g
Carbs	29g
Fiber	6g
Sugar	3g
Protein	22g
Cholesterol	0mg
Sodium	292mg
Vitamin A	1244IU
Vitamin C	54mg
Calcium	207mg
Iron	4mg

Directions

- 1 Heat the oil in a pan over medium heat. Once hot, add the tempeh. Cook for four to five minutes per side or until golden.
- 2 To assemble, place the tortillas on plates and top evenly with guacamole, mixed greens, peppers, and tempeh. Season with salt and pepper. Enjoy!

Notes

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

Serving Size: One serving is equal to one wrap.

No Guacamole: Use hummus, mayonnaise, or your favorite dressing instead.

Additional Toppings: Add cucumbers, tomatoes, onions.

Gluten-Free: Use a gluten-free tortilla.



Spiced Tofu with Avocado & Cauliflower Rice

3 servings
40 minutes

Ingredients

362 grams Tofu (extra firm, drained and cubed)
1 1/8 tsps Avocado Oil
1/3 tsp Cumin
1/3 tsp Chili Powder
1/3 tsp Smoked Paprika
1/3 tsp Garlic Powder
1/3 tsp Sea Salt (divided)
3 cups Cauliflower Rice
1 1/2 Avocado
2 1/4 tsps Red Onion (diced very small)
3/4 Garlic (clove, minced)
3/4 Lime (juiced, divided, plus additional slices for garnish)
2 1/4 stalks Celery (roughly chopped)
3 tbsps Cilantro (for garnish, roughly chopped)

Nutrition

Amount per serving	
Calories	310
Fat	23g
Carbs	17g
Fiber	11g
Sugar	4g
Protein	17g
Cholesterol	0mg
Sodium	363mg
Vitamin A	598IU
Vitamin C	15mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Toss the tofu with oil, cumin, chili powder, smoked paprika, garlic powder and half the salt. Bake in the oven for 15 minutes, remove, flip the tofu and bake for 10 to 12 minutes more. Remove and set aside.
- 3 Meanwhile, in a non-stick skillet over medium-low heat, add the cauliflower rice and stir often. Cook for 5 minutes or until the cauliflower is cooked through.
- 4 In a small bowl, add the avocado and mash with a fork. Then add the red onion, garlic, 1/4 of the lime juice and the remaining salt.
- 5 Divide the cauliflower rice into bowls and top with tofu, guacamole, celery and cilantro. Squeeze the remaining lime juice on top of each bowl and serve with lime slices, if using. Enjoy!

Notes

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

More Flavor: Serve with salsa on the side and/or add cayenne to the tofu.

Additional Toppings: Extra veggies such as cucumber or mixed greens.

Calcium	391mg
Iron	3mg



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.



Mushroom Lentil Burgers

4 servings
30 minutes

Ingredients

- 1 1/3 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 3/4 cups Portobello Mushroom (diced)
- 1 1/3 Garlic (cloves, minced)
- 1/3 cup Walnuts (chopped and toasted)
- 1 cup Green Lentils (cooked, drained, rinsed and divided)
- 1 tsp Tabasco Sauce
- 1/2 tsp Paprika
- 2/3 tsp Chili Powder
- 1/3 cup Almond Flour
- 2 1/3 tbsps Parsley (chopped)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	202
Fat	13g
Carbs	17g
Fiber	7g
Sugar	4g
Protein	9g
Cholesterol	0mg
Sodium	94mg
Vitamin A	469IU
Vitamin C	4mg
Calcium	49mg
Iron	3mg

Directions

- 1 Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
- 2 In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
- 3 Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
- 4 Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
- 5 Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

- More Carbs:** Serve it on a gluten-free bun or in a wrap.
- Keep it Light:** Serve on a bed of greens or collard green wraps.
- Extra Flavor:** Brush the patties with clean BBQ sauce while grilling.
- No BBQ:** Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.
- Additional Toppings:** Sprouts, avocado, tomato, plant-based cheese, mustard, and/or greens.



Shirataki Noodle Tofu Stir Fry

2 servings

20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 340 grams Tofu (extra firm, pressed, cubed)
- 1 Yellow Onion (chopped)
- 2 Garlic (cloves, large, sliced)
- 2 cups Broccoli (cut into florets)
- 1 cup Snap Peas (trimmed)
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 227 grams Shirataki Noodles
- 1/2 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.



Pesto Cauliflower Rice

2 servings

10 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1/4 cup Pesto

Nutrition

Amount per serving	
Calories	168
Fat	12g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	234mg
Vitamin A	486IU
Vitamin C	71mg
Calcium	129mg
Iron	1mg

Directions

- 1 Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
- 2 In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Notes

Make it Raw: Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.
Leftovers: Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.



Cucumber & Ginger Noodles

2 servings
20 minutes

Ingredients

- 1 1/3 tbsps Rice Vinegar
- 1 tbsp Tamari
- 1 tsp Coconut Sugar
- 2/3 tsp Ginger (minced)
- 265 grams Shirataki Noodles (rinsed)
- 3 1/2 tbsps Radishes (sliced thin)
- 1/3 Cucumber (julienned)
- 2 2/3 tbsps Red Onion (sliced thin)
- 1/3 cup Raw Peanuts
- 1/3 cup Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	167
Fat	12g
Carbs	12g
Fiber	3g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	515mg
Vitamin A	235IU
Vitamin C	6mg
Calcium	49mg
Iron	4mg

Directions

- 1 Mix together the rice vinegar, tamari, coconut sugar and ginger in a small bowl.
- 2 In a small saucepan, add the shirataki noodles and heat over medium-low heat for 5 minutes. Turn the stove off and add the dressing along with the radishes, cucumber and onion. Toss to coat everything.
- 3 Plate the noodles and garnish with peanuts and mint. Serve and enjoy!

Notes

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

No Tamari: Use soy sauce or coconut aminos.

No Shirataki Noodles: Use brown rice or vermicelli noodles instead.

Nut-Free: Omit the peanuts.

Additional Toppings: Add tofu, tempeh, or edamame. Add additional vegetables such as shredded carrot, cabbage, or mushrooms.

No Rice Vinegar: Use lime juice.



One Pan Roasted Edamame & Broccoli Salad

2 servings
30 minutes

Ingredients

- 2 1/2 cups Broccoli (chopped into florets)
- 1/2 cup Frozen Edamame (shelled)
- 1/2 cup Walnuts
- 2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1 1/2 tpsps Almond Butter
- 1 1/2 tpsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	430
Fat	38g
Carbs	16g
Fiber	7g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	336mg
Vitamin A	824IU
Vitamin C	104mg
Calcium	121mg
Iron	3mg

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

Notes

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

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

No Walnuts: Use cashews, almonds or pecans instead.

Nut-Free: Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

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



Maple Mustard Kale Salad with Crispy Tofu

2 servings
35 minutes

Ingredients

200 grams Tofu (extra firm, pressed then cut into 1/2-inch cubes)
1 tbsp Tamari
1 tbsp Arrowroot Powder
6 cups Kale Leaves (finely chopped)
2 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1/2 Cucumber (chopped)
1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	20g
Carbs	20g
Fiber	5g
Sugar	10g
Protein	14g
Cholesterol	0mg
Sodium	627mg
Vitamin A	4043IU
Vitamin C	105mg
Calcium	469mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the tamari. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Let the tofu cool slightly.
- 3 Add the kale to a mixing bowl. Add the lemon juice and half of the oil and massage with your hands for one to two minutes until wilted and tender.
- 4 In a small bowl combine the remaining oil with the Dijon mustard and maple syrup.
- 5 To serve, divide the massaged kale between plates and top with cucumber, red pepper and the crispy tofu. Spoon the remaining dressing over. Enjoy!

Notes

Leftovers: Refrigerate the kale salad in an airtight container for up to three days. Store dressing and tofu separately.

Additional Toppings: Add tomato, grated carrot, green onion, or red onion.

No Tamari: Use coconut aminos instead.

No Maple Syrup: Use honey or other liquid sweetener instead.