



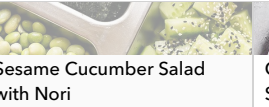

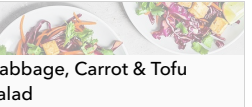



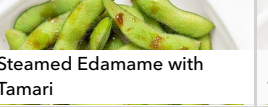
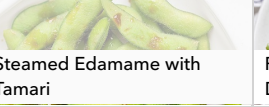

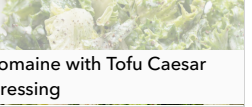

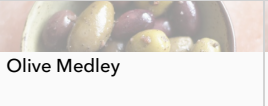
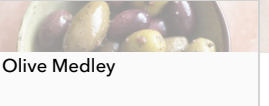

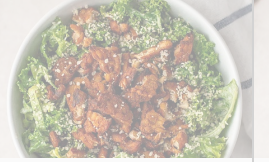


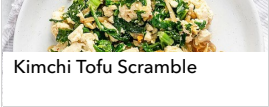

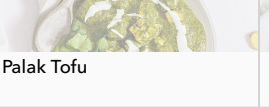
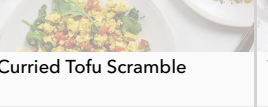
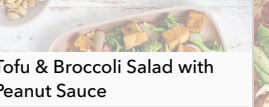


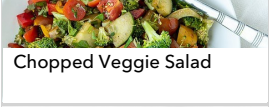
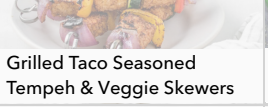

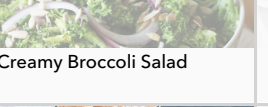
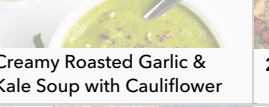
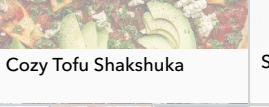
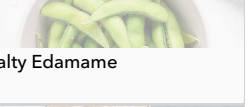

























EXERCISE
with Style

12 Week Vegan Carb Cycling
Meal Plan (Low Carb) 4

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	4 Silken Tofu Scramble	4 Silken Tofu Scramble	4 Silken Tofu Scramble	Sesame Cucumber Salad with Nori	Sesame Cucumber Salad with Nori	Cabbage, Carrot & Tofu Salad	Cabbage, Carrot & Tofu Salad
Snack 1							
	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Steamed Edamame with Tamari	Steamed Edamame with Tamari	Romaine with Tofu Caesar Dressing	Romaine with Tofu Caesar Dressing
Lunch							
	Olive Medley	Olive Medley	Olive Medley	Kale & Tempeh Salad	Kale & Tempeh Salad	Kale & Tempeh Salad	Kale & Tempeh Salad
Snack 2							
	Kimchi Tofu Scramble	Grilled Taco Seasoned Tempeh & Veggie Skewers	Palak Tofu	Curried Tofu Scramble	Tofu & Broccoli Salad with Peanut Sauce	2 Cozy Tofu Shakshuka	Homemade Hazelnut Milk
Dinner							
	Chopped Veggie Salad	Cheezy Broccoli & Jalapeno Soup	Creamy Broccoli Salad	Creamy Broccoli Salad	Creamy Roasted Garlic & Kale Soup with Cauliflower	Salty Edamame	Tofu Egg Salad Lettuce Wraps

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  49%	Fat  49%	Fat  49%	Fat  51%	Fat  50%	Fat  48%	Fat  50%
Carbs  21%	Carbs  23%	Carbs  23%	Carbs  23%	Carbs  24%	Carbs  24%	Carbs  22%
Protein  30%	Protein  28%	Protein  28%	Protein  26%	Protein  26%	Protein  28%	Protein  28%
Calories 1836	Calories 1846	Calories 1845	Calories 1835	Calories 1829	Calories 1648	Calories 1748
Fat 105g	Fat 104g	Fat 105g	Fat 112g	Fat 109g	Fat 95g	Fat 104g
Carbs 102g	Carbs 113g	Carbs 114g	Carbs 112g	Carbs 116g	Carbs 107g	Carbs 104g
Fiber 31g	Fiber 33g	Fiber 42g	Fiber 48g	Fiber 50g	Fiber 45g	Fiber 42g
Sugar 32g	Sugar 35g	Sugar 35g	Sugar 36g	Sugar 43g	Sugar 40g	Sugar 33g
Protein 144g	Protein 137g	Protein 137g	Protein 131g	Protein 129g	Protein 123g	Protein 132g
Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg
Sodium 4511mg	Sodium 5817mg	Sodium 5728mg	Sodium 3455mg	Sodium 3728mg	Sodium 3928mg	Sodium 5062mg
Vitamin A 8382IU	Vitamin A 10116IU	Vitamin A 11770IU	Vitamin A 9319IU	Vitamin A 12770IU	Vitamin A 23626IU	Vitamin A 18042IU
Vitamin C 273mg	Vitamin C 326mg	Vitamin C 404mg	Vitamin C 495mg	Vitamin C 405mg	Vitamin C 327mg	Vitamin C 376mg
Calcium 1883mg	Calcium 1484mg	Calcium 1932mg	Calcium 2156mg	Calcium 2303mg	Calcium 2580mg	Calcium 2354mg
Iron 35mg	Iron 36mg	Iron 39mg	Iron 29mg	Iron 29mg	Iron 28mg	Iron 29mg

Fruits

- 1 Avocado
- 1/2 Lemon
- 3 1/8 tbsps Lemon Juice
- 1 1/2 tsps Lime Juice

Breakfast

- 2 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 2/3 tbsps Almonds
- 1/8 tsp Black Pepper
- 1 1/4 tsps Chili Powder
- 1/2 tsp Coriander
- 1 tbsp Coriander Seed
- 2 tsps Cumin
- 2/3 tsp Curry Powder
- 1/2 tsp Fennel Seed
- 3/4 tsp Garam Masala
- 2 1/16 tbsps Garlic Powder
- 1/2 cup Hazelnuts
- 1/3 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 2/3 tbsps Paprika
- 2 tbsps Raw Peanuts
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tbsps Sesame Seeds
- 1/2 tsp Smoked Paprika
- 2 2/3 tbsps Sunflower Seeds
- 2 tsps Taco Seasoning
- 1 1/2 tsps Turmeric

Frozen

- 1/2 cup Cauliflower Rice
- 8 cups Edamame Pods
- 4 3/4 cups Frozen Edamame
- 42 Ice Cubes

Vegetables

- 2 1/16 cups Arugula
- 2 1/2 cups Baby Spinach
- 1/3 head Boston Lettuce
- 9 cups Broccoli
- 1 Carrot
- 1/2 head Cauliflower
- 1/4 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 1/8 Cucumber
- 12 1/2 Garlic
- 2 1/4 tsps Ginger
- 1/2 Green Bell Pepper
- 6 stalks Green Onion
- 1/2 Jalapeno Pepper
- 14 cups Kale Leaves
- 1 cup Parsley
- 4 cups Purple Cabbage
- 4 1/8 cups Radishes
- 2 1/3 Red Bell Pepper
- 2/3 cup Red Onion
- 6 leaves Romaine
- 1/2 Tomato
- 1 Yellow Bell Pepper
- 2 1/16 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/4 cup Canned Coconut Milk
- 2 1/2 cups Fire Roasted Diced Tomatoes
- 4 cups Vegetable Broth

Baking

- 2 1/2 tbsps Arrowroot Powder
- 2/3 cup Nutritional Yeast
- 1/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 kilograms Silken Tofu
- 449 grams Tempeh
- 1.9 kilograms Tofu

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 3 cups Assorted Olives
- 2 tbsps Avocado Oil
- 1 2/3 tbsps Balsamic Vinegar
- 1/3 tsp Capers
- 1/4 cup Coconut Aminos
- 1 3/4 tsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Kimchi
- 1 2/3 tbsps Rice Vinegar
- 3 1/4 tbsps Sesame Oil
- 3/4 tsp Sriracha
- 1/4 cup Tahini
- 1/3 cup Tamari
- 1 3/4 tbsps Vegan Mayonnaise
- 1/3 cup White Distilled Vinegar

Cold

- 4 2/3 cups Unsweetened Almond Milk

Other

- 4 Barbecue Skewers
- 1 cup Chocolate Protein Powder
- 2 Nori Sheets
- 3/4 cup Vanilla Protein Powder
- 14 3/4 cups Water



Silken Tofu Scramble

12 servings

15 minutes

Ingredients

2 kilograms Silken Tofu (drained)
1/3 cup Nutritional Yeast
2 tbsps Garlic Powder
1 tbsp Paprika
1 1/2 tsps Turmeric
1 1/2 tsps Sea Salt
6 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.



Sesame Cucumber Salad with Nori

2 servings

5 minutes

Ingredients

- 1 Cucumber (chopped)
- 1 tbsp Sesame Oil
- 1/4 tsp Sea Salt
- 2 tsp Sesame Seeds (white and/or black)
- 1 cup Frozen Edamame (shelled, thawed)
- 2 Nori Sheets (cut into quarters)

Nutrition

Amount per serving	
Calories	198
Fat	12g
Carbs	14g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	306mg
Vitamin A	789IU
Vitamin C	12mg
Calcium	112mg
Iron	3mg

Directions

- 1 Top the cucumber with sesame oil, sea salt and sesame seeds.
- 2 Serve the sesame cucumber salad alongside the edamame and nori. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Store the nori separately to keep its texture.

More Flavor: Add tamari, rice vinegar and/or maple syrup to the cucumber salad.



Steamed Edamame with Tamari

2 servings

10 minutes

Ingredients

4 cups Edamame Pods
2 tsps Tamari

Nutrition

Amount per serving	
Calories	261
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	27g
Cholesterol	0mg
Sodium	349mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	143mg
Iron	5mg

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!

Notes

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

More Flavor: Add sesame oil, finishing salt, and/or sesame seeds.



Cabbage, Carrot & Tofu Salad

2 servings
40 minutes

Ingredients

350 grams Tofu (extra-firm, pressed and cubed)
2 tbsps Tamari
2 tbsps Arrowroot Powder
1 tbsp Sesame Oil
2 tps Rice Vinegar
1 1/2 tps Lime Juice
4 cups Purple Cabbage (thinly sliced)
1 Carrot (shredded)
1/3 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	312
Fat	16g
Carbs	27g
Fiber	7g
Sugar	10g
Protein	22g
Cholesterol	0mg
Sodium	1083mg
Vitamin A	7264IU
Vitamin C	105mg
Calcium	590mg
Iron	6mg

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. Then 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.
- 3 In a small bowl, combine the sesame oil, rice vinegar, and lime juice.
- 4 In a large bowl add the cabbage, carrot, and cilantro. Add the dressing and mix well with your hands to ensure everything is coated. Top with tofu. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to about three cups of salad with tofu.

More Flavor: Add salt, pepper, chili flakes, minced garlic and/or ginger to the dressing, or sweeten with coconut sugar.

Additional Toppings: Add chopped peanuts on top.



Romaine with Tofu Caesar Dressing

2 servings

10 minutes

Ingredients

99 grams Tofu (soft, crumbled)
1 1/2 tsps Nutritional Yeast
1 1/2 tsps Dijon Mustard
1 1/2 tsps Apple Cider Vinegar
1 1/2 tsps Water
3/4 tsp Tamari
1 Garlic (cloves, minced)
1/16 tsp Sea Salt (to taste)
6 leaves Romaine (large, chopped)

Nutrition

Amount per serving	
Calories	72
Fat	3g
Carbs	5g
Fiber	3g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	256mg
Vitamin A	7317IU
Vitamin C	4mg
Calcium	173mg
Iron	2mg

Directions

- 1 Add all of the ingredients, except for the romaine, to a food processor and blend until smooth. Taste and adjust flavors if needed. If the dressing is too thick, add water, one tablespoon at a time until desired consistency is reached.
- 2 In a large bowl, toss the chopped romaine with the dressing until well coated. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately for up to five days.

Serving Size: One serving equals approximately two cups.

Additional Toppings: Add croutons, crushed tortillas, parmesan, and/or sliced red onion.



Simple Vanilla Protein Shake

3 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder
18 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.



Olive Medley

3 servings

2 minutes

Ingredients

3 cups Assorted Olives

Nutrition

Amount per serving	
Calories	156
Fat	15g
Carbs	8g
Fiber	2g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	988mg
Vitamin A	444IU
Vitamin C	1mg
Calcium	118mg
Iron	8mg

Directions

- 1 Divide into bowls and enjoy!



Kale & Tempeh Salad

4 servings
25 minutes

Ingredients

2 tbsps Coconut Aminos
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
200 grams Tempeh (cut into thin slices)
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
8 cups Kale Leaves (finely chopped)
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.



Kimchi Tofu Scramble

1 serving
10 minutes

Ingredients

- 3/4 tsp Sesame Oil
- 227 grams Tofu (regular firm, patted dry, crumbled)
- 1 1/2 tsps Tamari
- 2 cups Kale Leaves (stems removed, finely chopped, packed)
- 1 tbsp Nutritional Yeast
- 1/2 cup Kimchi (drained)

Nutrition

Amount per serving	
Calories	283
Fat	16g
Carbs	10g
Fiber	7g
Sugar	3g
Protein	31g
Cholesterol	0mg
Sodium	933mg
Vitamin A	2091IU
Vitamin C	39mg
Calcium	777mg
Iron	8mg

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.



Chopped Veggie Salad

1 serving
15 minutes

Ingredients

1/2 cup Broccoli (chopped)
1/4 cup Cherry Tomatoes (chopped)
1/8 Red Bell Pepper (chopped)
1/8 Cucumber (chopped)
2 tsps Extra Virgin Olive Oil
2 tsps Balsamic Vinegar
2 tbsps Parsley (chopped)
Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	118
Fat	9g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	25mg
Vitamin A	1739IU
Vitamin C	76mg
Calcium	45mg
Iron	1mg

Directions

- 1 Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

More Flavor: Use additional herbs like cilantro, chives, basil or dill.



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.



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.



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.



Palak Tofu

2 servings
40 minutes

Ingredients

- 175 grams Tofu (extra firm, cut into 1-inch cubes)
- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 Garlic (clove, minced)
- 1 1/2 tps Ginger (fresh, minced)
- 3/4 tsp Garam Masala
- 1/2 tsp Cumin
- 1/2 tsp Coriander
- 1/4 tsp Chili Powder
- 1/2 Tomato (medium, diced)
- 2 1/2 cups Baby Spinach
- 1/4 cup Canned Coconut Milk
- 3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	195
Fat	14g
Carbs	10g
Fiber	4g
Sugar	4g
Protein	11g
Cholesterol	0mg
Sodium	952mg
Vitamin A	4037IU
Vitamin C	16mg
Calcium	313mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Toss the tofu with 1/3 of the oil. Spread it out evenly onto the baking sheet and bake for 30 minutes. Once it's done, set it aside.
- 3 In a large pot, add the remaining oil and heat on medium-low. Add the onion, garlic, and ginger and cook for five minutes. Add the spices and tomatoes and stir to combine. Cook until softened, about five minutes. Add the spinach and cook until just wilted.
- 4 Using a food processor, blender, or immersion blender, process until smooth. Transfer the mixture back to the pot and add the coconut milk, salt, and tofu. Heat to warm through. Portion into bowls and enjoy!

Notes

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

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

Additional Toppings: Top with cilantro and a drizzle of coconut milk for extra flavor.

Serve it With: Serve over rice with naan or a side salad.



Cheezy Broccoli & Jalapeno Soup

2 servings
30 minutes

Ingredients

- 1/4 cup Water
- 1/2 Yellow Onion (medium, chopped)
- 1/2 Green Bell Pepper (large, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed and chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 3 cups Broccoli (chopped into florets)
- 2 cups Vegetable Broth
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	216
Fat	10g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	0mg
Sodium	1312mg
Vitamin A	1527IU
Vitamin C	152mg
Calcium	110mg
Iron	5mg

Directions

- 1 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 2 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 3 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Likes it Spicy: Add extra jalapeno pepper or red pepper flakes.

Broccoli: This recipe can be made with fresh or frozen broccoli.

No Hemp Seeds: Use soaked, raw cashews instead.

Extra Greens: Add baby spinach before blending.



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.



Creamy Broccoli Salad

2 servings

20 minutes

Ingredients

4 cups Broccoli (chopped into florets)
2 tbsps Red Onion (finely sliced)
2 tbsps Tahini
1/2 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1 tbsp Water
2 2/3 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	20g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	226mg
Vitamin A	1147IU
Vitamin C	168mg
Calcium	162mg
Iron	3mg

Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

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

Likes it Sweet: Add dried cranberries or diced apple.



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 tpsps 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.



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.



Homemade Hazelnut Milk

2 servings

10 minutes

Ingredients

1/3 cup Hazelnuts (soaked for at least 8 hours, rinsed)
2 cups Water
1/16 tsp Sea Salt
1/3 tsp Vanilla Extract (optional)

Nutrition

Amount per serving	
Calories	143
Fat	14g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	103mg
Vitamin A	5IU
Vitamin C	1mg
Calcium	49mg
Iron	1mg

Directions

- 1 Add the hazelnuts to a high-powered blender with the water. Blend on high until smooth.
- 2 Strain the nut pulp from the milk using a fine mesh strainer, cheesecloth, or nut milk bag. This is optional but makes smoother milk. Stir in the sea salt and vanilla extract if using.
- 3 Store the milk in a glass container in the fridge. Enjoy!

Notes

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

Serving Size: One serving is one cup.

More Flavor: Add cacao powder to make chocolate hazelnut milk.

Add Sweetness: Blend in dates, maple syrup, honey, or stevia to sweeten.



Salty Edamame

2 servings
15 minutes

Ingredients

- 12 cups Water
- 1 tsp Sea Salt
- 4 cups Edamame Pods

Nutrition

Amount per serving	
Calories	257
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	1223mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	284mg
Iron	5mg

Directions

- 1 Add water and salt to a pot and bring to a boil. Add the edamame and return to a boil. Cook for three to five minutes.
- 2 Drain, rinse with cold water and transfer to a bowl. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- More Flavor:** Add finishing coarse salt or toss in tamari.



Spicy Edamame Fried Cauliflower Rice

1 serving
15 minutes

Ingredients

- 3/4 tsp Sesame Oil
- 1/4 Yellow Onion (finely chopped)
- 1/2 Yellow Bell Pepper (chopped)
- 3/4 cup Frozen Edamame
- 88 grams Tofu (extra firm, crumbled)
- 1 1/2 tbsps Tamari
- 1 Garlic (clove, minced)
- 3/4 tsp Ginger (fresh, grated)
- 3/4 tsp Sriracha
- 1/2 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	316
Fat	14g
Carbs	26g
Fiber	10g
Sugar	8g
Protein	28g
Cholesterol	0mg
Sodium	1636mg
Vitamin A	658IU
Vitamin C	180mg
Calcium	362mg
Iron	7mg

Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

Notes

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

Additional Toppings: Green onion, cilantro, sesame seeds, or red pepper flakes.

More Vegetables: Add carrots, peas, or baby spinach.

No Yellow Bell Pepper: Use any color bell pepper or mushrooms instead.

No Sesame Oil: Use coconut oil or avocado oil instead.



Tofu Egg Salad Lettuce Wraps

1 serving
15 minutes

Ingredients

- 1 3/4 tbsps Vegan Mayonnaise
- 1/3 tsp Dijon Mustard
- 1/3 tsp Lemon Juice
- 1/3 tsp Capers (chopped)
- 1/16 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 66 grams Tofu (firm, cut into 1-inch cubes)
- 1/3 head Boston Lettuce (peeled apart into leaves and washed)

Nutrition

Amount per serving	
Calories	218
Fat	21g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	230mg
Vitamin A	84IU
Vitamin C	1mg
Calcium	188mg
Iron	2mg

Directions

- 1 In a bowl, whisk together the mayonnaise, mustard, lemon juice, capers, turmeric, salt, and pepper.
- 2 Using your hands, crumble about half of the cubes of tofu into the bowl, leaving the remaining cubes intact. Toss to combine.
- 3 Divide the mixture onto lettuce leaves. Enjoy!

Notes

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

Serving Size: One serving is approximately two to three lettuce wraps.

More Flavor: Add black salt for an egg-like flavor. Add smoked paprika for a smoky flavor.

Additional Toppings: Add chopped celery and green onions to the mixture.