
























EXERCISE
with Style

12 Week Vegan Carb Cycling
Meal Plan (Low Carb) 5

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	4 Tofu Rancheros	4 Tofu Rancheros	4 Tofu Rancheros	Mushroom & Tofu Scramble	Mushroom & Tofu Scramble	Coconut Chia Pudding	Coconut Chia Pudding
Snack 1							
	Sea Salt & Garlic Crackers	Sea Salt & Garlic Crackers	Sea Salt & Garlic Crackers	Roasted Edamame	Roasted Edamame	Roasted Edamame	Roasted Edamame
Lunch							
	Japanese Eggplant & Tofu Stir Fry	Spiced Tofu with Avocado & Cauliflower Rice	Cream of Celery & Asparagus Soup	Crispy Air Fryer Tofu	One Pan Paprika Tofu & Veggies	Cozy Tofu Shakshuka	Cozy Tofu Shakshuka
Snack 2							
	Egyptian Salad	0.5 One Pan Roasted Edamame & Broccoli Salad	0.5 One Pan Roasted Edamame & Broccoli Salad	Tomato Gazpacho	Pesto Cauliflower Rice	2 Cheezy Broccoli & Jalapeno Soup	Cucumber Mint Gazpacho
Dinner							
	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake
Dinner							
	0.5 Sesame Cucumber Salad with Nori	Sesame Cucumber Salad with Nori	0.5 Sesame Cucumber Salad with Nori	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							
	Cream of Celery & Asparagus Soup	Crispy Air Fryer Tofu	Crispy Air Fryer Tofu	One Pan Paprika Tofu & Veggies	One Pan Paprika Tofu & Veggies	One Pan Paprika Tofu & Veggies	One Pan Paprika Tofu & Veggies
Dinner							
	Spiced Tofu with Avocado & Cauliflower Rice	0.5 One Pan Roasted Edamame & Broccoli Salad	Tomato Gazpacho	Pesto Cauliflower Rice	2 Cheezy Broccoli & Jalapeno Soup	Cucumber Mint Gazpacho	0.5 Kale Salad with Roasted Red Pepper Dressing

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  53%	Fat  57%	Fat  57%	Fat  53%	Fat  49%	Fat  53%	Fat  56%
Carbs  27%	Carbs  22%	Carbs  23%	Carbs  22%	Carbs  24%	Carbs  27%	Carbs  25%
Protein  20%	Protein  21%	Protein  20%	Protein  25%	Protein  27%	Protein  20%	Protein  19%
Calories 1909	Calories 1958	Calories 1923	Calories 1603	Calories 1661	Calories 1834	Calories 1894
Fat 124g	Fat 136g	Fat 132g	Fat 101g	Fat 96g	Fat 115g	Fat 127g
Carbs 140g	Carbs 119g	Carbs 123g	Carbs 94g	Carbs 106g	Carbs 132g	Carbs 124g
Fiber 73g	Fiber 65g	Fiber 63g	Fiber 41g	Fiber 43g	Fiber 59g	Fiber 58g
Sugar 49g	Sugar 33g	Sugar 31g	Sugar 28g	Sugar 38g	Sugar 38g	Sugar 38g
Protein 105g	Protein 111g	Protein 107g	Protein 110g	Protein 121g	Protein 98g	Protein 97g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg
Sodium 3920mg	Sodium 4340mg	Sodium 4231mg	Sodium 2216mg	Sodium 4433mg	Sodium 3753mg	Sodium 2607mg
Vitamin A 28105IU	Vitamin A 29761IU	Vitamin A 35766IU	Vitamin A 13849IU	Vitamin A 9906IU	Vitamin A 12080IU	Vitamin A 13962IU
Vitamin C 317mg	Vitamin C 267mg	Vitamin C 386mg	Vitamin C 406mg	Vitamin C 570mg	Vitamin C 444mg	Vitamin C 302mg
Calcium 2143mg	Calcium 2033mg	Calcium 1954mg	Calcium 2134mg	Calcium 1986mg	Calcium 1652mg	Calcium 1964mg
Iron 32mg	Iron 36mg	Iron 36mg	Iron 25mg	Iron 30mg	Iron 29mg	Iron 27mg

Fruits

- 6 Avocado
- 1/2 cup Lemon Juice
- 1/2 Lime
- 1 tbsp Lime Juice

Breakfast

- 1 1/2 tps All Natural Peanut Butter
- 3/4 tsp Almond Butter

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 2/3 cup Chia Seeds
- 1/4 tsp Chili Powder
- 3/4 tsp Cumin
- 2 1/8 tbsps Dried Basil
- 1/2 tsp Dried Thyme
- 1 2/3 tps Garlic Powder
- 1/16 tsp Ground Sumac
- 3/4 cup Hemp Seeds
- 1/2 tsp Oregano
- 2 1/2 tps Paprika
- 1/3 cup Pumpkin Seeds
- 2 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 2 tbsps Sliced Almonds
- 1/4 tsp Smoked Paprika
- 1/3 cup Sunflower Seeds
- 1 1/8 tbsps Turmeric
- 1/4 cup Walnuts

Frozen

- 2 1/2 cups Cauliflower Rice
- 5 3/4 cups Frozen Edamame
- 24 Ice Cubes

Vegetables

- 1 1/2 cups Asparagus
- 5 cups Baby Spinach
- 2 tbsps Basil Leaves
- 7 1/4 cups Broccoli
- 1/2 head Cauliflower
- 16 1/2 stalks Celery
- 1/4 cup Cherry Tomatoes
- 1 2/3 cups Cilantro
- 3 1/8 Cucumber
- 1 Eggplant
- 14 1/2 Garlic
- 2 1/2 tps Ginger
- 2 cups Green Beans
- 4 Green Bell Pepper
- 2 stalks Green Onion
- 4 Jalapeno Pepper
- 4 cups Kale Leaves
- 1 cup Mint Leaves
- 1/2 cup Oyster Mushrooms
- 1/2 cup Parsley
- 2 cups Purple Cabbage
- 2 3/4 Red Bell Pepper
- 1/2 Red Hot Chili Pepper
- 2/3 cup Red Onion
- 60 grams Roasted Red Peppers
- 24 leaves Romaine
- 2 2/3 tbsps Thai Basil
- 12 1/3 Tomato
- 1/2 Yellow Bell Pepper
- 5 Yellow Onion

Boxed & Canned

- 3/4 cup Canned Coconut Milk
- 1 1/4 cups Fire Roasted Diced Tomatoes
- 4 1/8 cups Vegetable Broth

Baking

- 1/3 cup Almond Flour
- 1 1/2 tps Arrowroot Powder
- 1/2 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 2.5 kilograms Tofu

Condiments & Oils

- 2 1/4 tbsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1 tbsp Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1/2 cup Pitted Kalamata Olives
- 1 tbsp Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 1 3/4 tbsps Tamari

Cold

- 2 2/3 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 2 Nori Sheets
- 1 cup Vanilla Protein Powder
- 7 1/2 cups Water

1 tsp Vanilla Extract



Tofu Rancheros

12 servings

30 minutes

Ingredients

- 3/4 cup Water (divided)
- 3 Yellow Onion (chopped)
- 3 Green Bell Pepper (chopped)
- 3 Jalapeno Pepper (seeds removed, finely chopped)
- 6 Tomato (medium, chopped)
- 1 tbsp Sea Salt (divided)
- 1 kilogram Tofu (extra firm, drained, crumbled)
- 3 tbsps Nutritional Yeast
- 1 tbsp Turmeric
- 24 leaves Romaine
- 1 1/2 cups 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.



Tofu Veggie Scramble

2 servings
15 minutes

Ingredients

220 grams Tofu (firm)
1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
1 cup Baby Spinach (chopped)
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	11g
Fiber	5g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	33mg
Vitamin A	3270IU
Vitamin C	81mg
Calcium	348mg
Iron	5mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

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



Mushroom & Tofu Scramble

2 servings
10 minutes

Ingredients

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Vegetable Broth (divided)
- 227 grams Tofu (extra firm, drained, crumbled)
- 2 tps Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	268mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



High Fat Green Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Water (cold)
- 1/4 cup Lemon Juice
- 2 cups Baby Spinach
- 1 Avocado (frozen)
- 1/2 cup Mint Leaves (fresh, roughly chopped)
- 2 tsps Ginger (fresh, roughly chopped)

Nutrition

Amount per serving	
Calories	180
Fat	15g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	38mg
Vitamin A	3234IU
Vitamin C	32mg
Calcium	83mg
Iron	2mg

Directions

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

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add frozen banana, pineapple or apple.

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead.



Coconut Chia Pudding

2 servings

1 hour

Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp 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.



Sea Salt & Garlic Crackers

3 servings

30 minutes

Ingredients

- 1/3 cup Sunflower Seeds
- 1/3 cup Pumpkin Seeds
- 1/3 cup Chia Seeds
- 1/3 cup Almond Flour
- 1/3 tsp Sea Salt
- 1 1/8 tsp Garlic Powder
- 1/3 cup Water

Nutrition

Amount per serving	
Calories	380
Fat	30g
Carbs	19g
Fiber	12g
Sugar	1g
Protein	15g
Cholesterol	0mg
Sodium	301mg
Vitamin A	4IU
Vitamin C	1mg
Calcium	206mg
Iron	5mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 3 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 4 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 5 Enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 1 week.

Serve Them With: Hummus, nut butter, cheese, on top of salad or soup.



Avocado

3 servings

5 minutes

Ingredients

1 1/2 Avocado

Nutrition

Amount per serving	
Calories	161
Fat	15g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	7mg
Vitamin A	147IU
Vitamin C	10mg
Calcium	12mg
Iron	1mg

Directions

- 1 Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With: Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack: Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack: Top with maple syrup, honey, maple butter and/or cinnamon.



Roasted Edamame

4 servings
45 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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



Japanese Eggplant & Tofu Stir Fry

1 serving
20 minutes

Ingredients

- 1 tbsp Avocado Oil (divided)
- 1 Eggplant (Japanese, large, cut into 3-inch pieces)
- 80 grams Tofu (extra firm, drained and crumbled)
- 1 Garlic (cloves, thinly sliced)
- 1 tsp Sesame Seeds
- 2 2/3 tbsps Thai Basil (roughly chopped)
- 1/2 Red Hot Chili Pepper (chopped)
- 2 1/4 tsps Lime Juice
- 1 tsp Tamari

Nutrition

Amount per serving	
Calories	366
Fat	21g
Carbs	38g
Fiber	18g
Sugar	21g
Protein	15g
Cholesterol	0mg
Sodium	353mg
Vitamin A	719IU
Vitamin C	50mg
Calcium	329mg
Iron	4mg

Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

Notes

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

Serving Size: One serving is roughly 1 cup of eggplant and tofu.

Like it Sweet: Add a touch of maple syrup or honey.

No Lime Juice: Use rice vinegar instead.

Additional Toppings: Serve over top of rice, cauliflower rice or quinoa.



Egyptian Salad

1 serving
15 minutes

Ingredients

- 1/8 Cucumber (large, diced)
- 1/3 Tomato (large, diced)
- 2 2/3 tbsps Red Onion (small, diced)
- 1/3 Red Bell Pepper (medium, diced)
- 1 1/3 tbsps Parsley (finely chopped)
- 2 tpsps Extra Virgin Olive Oil
- 1 1/3 tbsps Lemon Juice
- 1/16 tsp Sea Salt
- 1/16 tsp Ground Sumac
- 1/16 tsp Cumin

Nutrition

Amount per serving	
Calories	121
Fat	9g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	219mg
Vitamin A	2278IU
Vitamin C	75mg
Calcium	29mg
Iron	1mg

Directions

- 1 In a large bowl, add the cucumber, tomato, onion, bell pepper, and parsley. Toss to combine.
- 2 In a small bowl, combine the olive oil, lemon juice, sea salt, sumac and cumin. Mix well.
- 3 Pour the dressing on top of the salad and toss again. Taste and add more seasoning if desired.
- 4 Divide between bowls and enjoy!

Notes

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

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



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.



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.



Spiced Tofu with Avocado & Cauliflower Rice

2 servings
40 minutes

Ingredients

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



Cream of Celery & Asparagus Soup

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	671mg
Vitamin A	3847IU
Vitamin C	17mg
Calcium	131mg
Iron	6mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size: One serving is approximately 2 cups.

No Hemp Seeds: Use cashews.

Add Some Crunch: Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach: Use kale, swiss chard or any leafy green.



One Pan Roasted Edamame & Broccoli Salad

1 serving
30 minutes

Ingredients

- 1 1/4 cups Broccoli (chopped into florets)
- 1/4 cup Frozen Edamame (shelled)
- 1/4 cup Walnuts
- 1 tbsp Avocado Oil (divided)
- 1/8 tsp Sea Salt
- 3/4 tsp Almond Butter
- 3/4 tsp 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.



Crispy Air Fryer Tofu

2 servings
20 minutes

Ingredients

227 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tps Avocado Oil
1 1/2 tps Tamari
1 1/2 tps Arrowroot Powder
1/4 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	136
Fat	9g
Carbs	4g
Fiber	1g
Sugar	1g
Protein	12g
Cholesterol	0mg
Sodium	256mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	321mg
Iron	2mg

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, add the tofu, avocado oil, tamari, arrowroot powder, and garlic powder and gently toss to combine.
- 3 Spread the tofu in an even layer in the air fryer and bake for 12 to 14 minutes, flipping halfway through. Serve and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup.

No Arrowroot Powder: Use cornstarch.

More Flavor: Add chili flakes.

Air Fryer: Depending on the size of the air fryer, work in batches to avoid the tofu overlapping.



Tomato Gazpacho

2 servings
10 minutes

Ingredients

- 6 Tomato (medium, chopped)
- 1 Red Bell Pepper (medium, seeds and stem removed)
- 2 Garlic (clove)
- 2 tbsps Apple Cider Vinegar
- 1 Avocado (medium)
- 1/2 tsp Dried Basil
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	238
Fat	16g
Carbs	24g
Fiber	11g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	151mg
Vitamin A	6997IU
Vitamin C	140mg
Calcium	47mg
Iron	3mg

Directions

1

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

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to three days.

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

Additional Toppings: Top with sliced cherry tomatoes or fresh basil.

No Avocado: Use coconut cream instead.

No Apple Cider Vinegar: Use lemon juice instead.

Temperature: Can be enjoyed at room temperature or chilled.



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.



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.



Cheezy Broccoli & Jalapeno Soup

4 servings
30 minutes

Ingredients

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

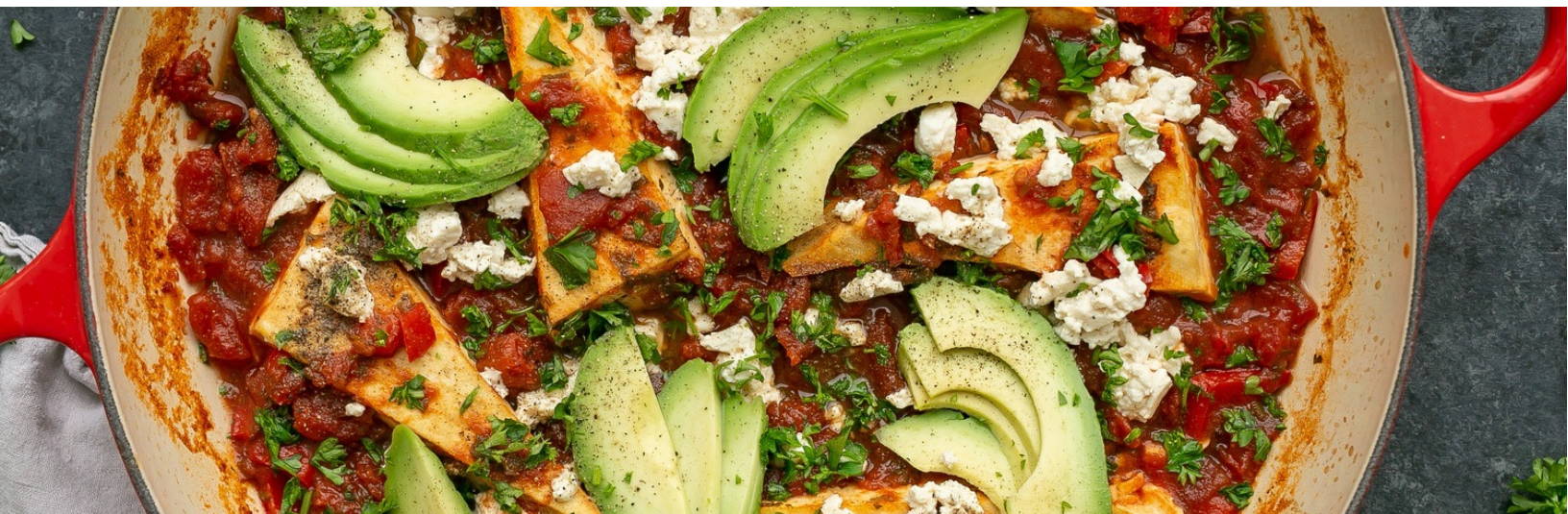
Serving Size: One serving is equal to approximately 1.5 cups of soup.

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.



Cozy Tofu Shakshuka

2 servings
30 minutes

Ingredients

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



Cucumber Mint Gazpacho

2 servings
10 minutes

Ingredients

- 2 Cucumber (large, peeled, chopped)
- 1 Avocado (medium)
- 1/2 cup Mint Leaves
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove)
- 2 tbsps Dried Basil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lemon Juice
- 1 cup Water
- 1/4 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	240
Fat	16g
Carbs	26g
Fiber	10g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	28mg
Vitamin A	1231IU
Vitamin C	29mg
Calcium	210mg
Iron	4mg

Directions

- 1 Add the cucumber, avocado, mint, green onion, garlic, dried basil, salt, black pepper, lemon juice, and water to a blender and blend until smooth.
- 2 Divide into bowls and top with yogurt. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to one day.

Serving Size: One serving equals two cups.

More Flavor: Use fresh basil instead of dried basil.

Additional Toppings: Top with fresh basil, mint, or sliced cucumbers.

No Lemon Juice: Use apple cider vinegar instead.

Temperature: Enjoy at room temperature or chilled.



Baked Tofu & Cabbage with Peanut Ginger Sauce

1 serving
40 minutes

Ingredients

- 88 grams Tofu (extra firm, cubed)
- 1/2 cup Frozen Edamame
- 1 tbsp Tamari (divided)
- 2 cups Purple Cabbage (cut into 1-inch strips)
- 1 1/2 tps All Natural Peanut Butter
- 1/2 tsp Ginger (fresh, grated)
- 3/4 tsp Lime Juice
- 2 1/4 tps Water
- 1/2 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	293
Fat	13g
Carbs	26g
Fiber	10g
Sugar	11g
Protein	25g
Cholesterol	0mg
Sodium	1074mg
Vitamin A	2219IU
Vitamin C	107mg
Calcium	394mg
Iron	6mg

Directions

- 1 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 4 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 5 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

Notes

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

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

More Flavor: Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

No Tamari: Use coconut aminos instead.

More Carbs: Serve with rice or quinoa instead of cauliflower rice.



Kale Salad with Roasted Red Pepper Dressing

1 serving
15 minutes

Ingredients

60 grams Roasted Red Peppers (from the jar)
2 tbsps Basil Leaves
1/2 Garlic (clove, small)
1 tbsp Lemon Juice
1/4 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil (divided)
4 cups Kale Leaves (chopped)
1/4 cup Cherry Tomatoes (halved)
2 tbsps Sliced Almonds

Nutrition

Amount per serving	
Calories	397
Fat	37g
Carbs	12g
Fiber	6g
Sugar	5g
Protein	7g
Cholesterol	0mg
Sodium	807mg
Vitamin A	5433IU
Vitamin C	109mg
Calcium	275mg
Iron	3mg

Directions

- 1 To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running stream in the remaining olive oil.
- 2 In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
- 3 Divide the kale evenly onto plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of almonds.

Leftovers: Keeps well in the fridge for 2 to 3 days.