


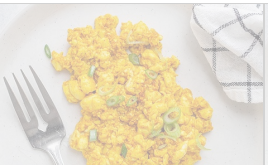

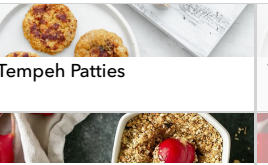
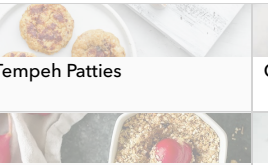
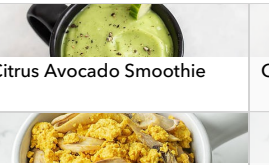
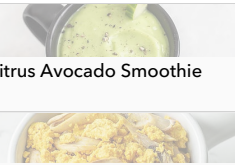
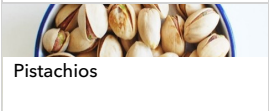
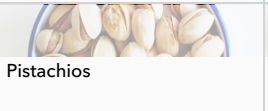
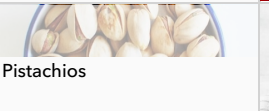
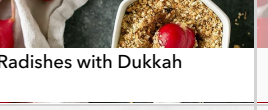
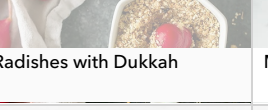
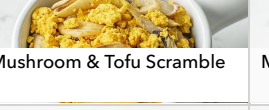
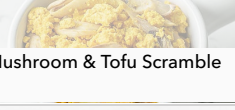
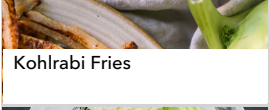
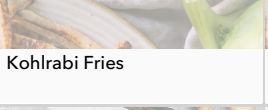
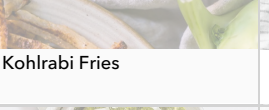






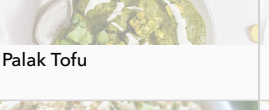
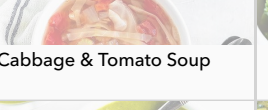


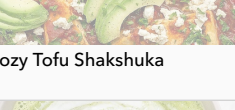
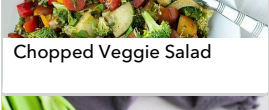
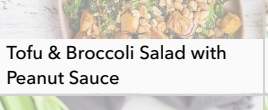
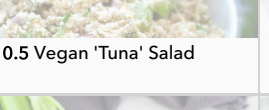

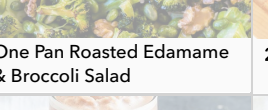

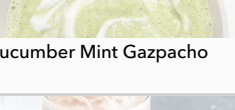



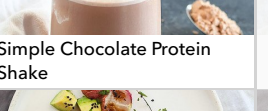
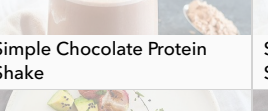
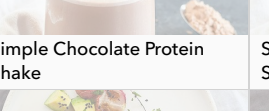
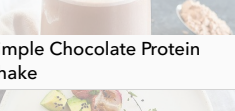
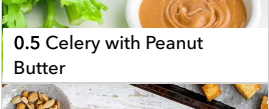

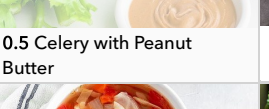
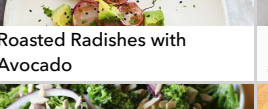
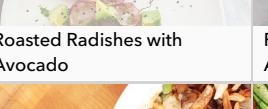
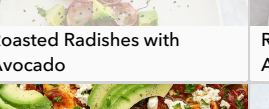
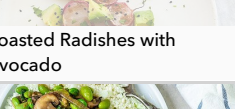

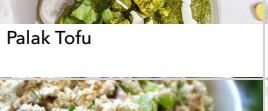







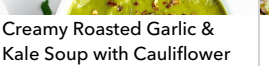
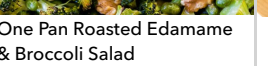


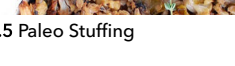























**EXERCISE**  
*with Style*

12 Week Vegan Carb Cycling  
Meal Plan (Low Carb) 6

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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	Tempeh Patties	Tempeh Patties	Citrus Avocado Smoothie	Citrus Avocado Smoothie
Snack 1							
	Pistachios	Pistachios	Pistachios	Radishes with Dukkah	Radishes with Dukkah	Mushroom & Tofu Scramble	Mushroom & Tofu Scramble
Snack 2							
	Kohlrabi Fries	Kohlrabi Fries	Kohlrabi Fries	Salt & Vinegar Roasted Edamame	Salt & Vinegar Roasted Edamame	Salt & Vinegar Roasted Edamame	Salt & Vinegar Roasted Edamame
Lunch							
	Mushroom & Cauliflower Rice Bowl	Palak Tofu	Palak Tofu	Cabbage & Tomato Soup	Creamy Broccoli Salad	Cozy Tofu Shakshuka	Cozy Tofu Shakshuka
Dinner							
	Chopped Veggie Salad	Tofu & Broccoli Salad with Peanut Sauce	0.5 Vegan 'Tuna' Salad	Creamy Roasted Garlic & Kale Soup with Cauliflower	One Pan Roasted Edamame & Broccoli Salad	2 Green Bean Casserole	Cucumber Mint Gazpacho
Dinner							
	0.5 Celery with Peanut Butter	Celery with Peanut Butter	0.5 Celery with Peanut Butter	Simple Chocolate Protein Shake	Simple Chocolate Protein Shake	Simple Chocolate Protein Shake	Simple Chocolate Protein Shake
Dinner							
	Roasted Radishes with Avocado	Roasted Radishes with Avocado	Roasted Radishes with Avocado	Roasted Radishes with Avocado	Roasted Radishes with Avocado	Roasted Radishes with Avocado	Roasted Radishes with Avocado
Dinner							
	Creamy Broccoli Salad	Cabbage & Tomato Soup	Cabbage & Tomato Soup	One Pan Roasted Edamame & Broccoli Salad	2 Green Bean Casserole	Cozy Tofu Shakshuka	Mushroom & Edamame Stir Fry
Dinner							
	Tofu & Broccoli Salad with Peanut Sauce	0.5 Vegan 'Tuna' Salad	Creamy Roasted Garlic & Kale Soup with Cauliflower	One Pan Roasted Edamame & Broccoli Salad	2 Green Bean Casserole	Cucumber Mint Gazpacho	0.5 Paleo Stuffing

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  57%	Fat  59%	Fat  55%	Fat  58%	Fat  56%	Fat  49%	Fat  52%
Carbs  23%	Carbs  20%	Carbs  25%	Carbs  23%	Carbs  25%	Carbs  30%	Carbs  26%
Protein  20%	Protein  21%	Protein  20%	Protein  19%	Protein  19%	Protein  21%	Protein  22%
Calories 1756	Calories 1876	Calories 1695	Calories 1779	Calories 2018	Calories 1752	Calories 1743
Fat 120g	Fat 131g	Fat 110g	Fat 122g	Fat 135g	Fat 103g	Fat 108g
Carbs 106g	Carbs 99g	Carbs 113g	Carbs 111g	Carbs 135g	Carbs 144g	Carbs 123g
Fiber 40g	Fiber 35g	Fiber 39g	Fiber 45g	Fiber 53g	Fiber 59g	Fiber 56g
Sugar 38g	Sugar 34g	Sugar 44g	Sugar 36g	Sugar 44g	Sugar 49g	Sugar 38g
Protein 94g	Protein 105g	Protein 88g	Protein 88g	Protein 102g	Protein 98g	Protein 106g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg	Cholesterol 4mg
Sodium 2920mg	Sodium 3837mg	Sodium 5868mg	Sodium 4393mg	Sodium 3085mg	Sodium 3054mg	Sodium 2983mg
Vitamin A 10220IU	Vitamin A 6950IU	Vitamin A 12726IU	Vitamin A 10180IU	Vitamin A 5573IU	Vitamin A 7969IU	Vitamin A 7631IU
Vitamin C 255mg	Vitamin C 173mg	Vitamin C 260mg	Vitamin C 482mg	Vitamin C 446mg	Vitamin C 276mg	Vitamin C 215mg
Calcium 884mg	Calcium 1106mg	Calcium 941mg	Calcium 1303mg	Calcium 1304mg	Calcium 1806mg	Calcium 1760mg
Iron 20mg	Iron 23mg	Iron 23mg	Iron 23mg	Iron 26mg	Iron 27mg	Iron 26mg

**Fruits**

- 4 Avocado
- 1 Lemon
- 2 tbsps Lemon Juice
- 2 Lime

**Breakfast**

- 1/3 cup All Natural Peanut Butter
- 1 1/2 tps Almond Butter

**Seeds, Nuts & Spices**

- 1 1/3 tbsps Almonds
- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/2 tsp Coriander
- 1 1/2 tps Coriander Seed
- 2 tps Cumin
- 2 tpsps Dried Basil
- 1/4 tsp Dried Parsley
- 1/4 tsp Fennel Seed
- 3/4 tsp Garam Masala
- 2 tpsps Garlic Powder
- 2 tpsps Hazelnuts
- 1 tsp Italian Seasoning
- 1 1/3 tpsps Paprika
- 1 1/2 cups Pistachios, In Shell
- 2 tpsps Raw Peanuts
- 2 1/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tpsps Sesame Seeds
- 1/4 cup Slivered Almonds
- 2/3 cup Sunflower Seeds
- 1 2/3 tpsps Turmeric
- 2/3 cup Walnuts

**Frozen**

- 2 1/2 cups Cauliflower Rice
- 5 1/2 cups Frozen Edamame
- 32 Ice Cubes

**Vegetables**

- 4 1/2 cups Baby Spinach
- 8 1/2 cups Broccoli
- 1/2 Carrot
- 1 1/8 heads Cauliflower
- 4 1/2 stalks Celery
- 1/4 cup Cherry Tomatoes
- 5 Cremini Mushrooms
- 2 3/4 Cucumber
- 1 1/2 cups French Shallot
- 1 tbsp Fresh Dill
- 17 1/16 Garlic
- 1 tbsp Ginger
- 5 cups Green Beans
- 1 1/2 cups Green Cabbage
- 8 stalks Green Onion
- 4 1/2 cups Kale Leaves
- 3 cups Kohlrabi
- 1/8 Leeks
- 1/2 cup Mint Leaves
- 2 cups Mushrooms
- 1/2 cup Oyster Mushrooms
- 1 1/16 cups Parsley
- 2/3 cup Portobello Mushroom
- 6 1/8 cups Radishes
- 2/3 Red Bell Pepper
- 3 tpsps Red Onion
- 1/2 tsp Thyme
- 1/2 Tomato
- 4 White Button Mushrooms
- 2 1/4 Yellow Onion

**Boxed & Canned**

- 1/4 cup Canned Coconut Milk
- 3/4 cup Diced Tomatoes
- 1 1/4 cups Fire Roasted Diced Tomatoes
- 5 1/8 cups Vegetable Broth

**Baking**

- 1 1/2 tpsps Arrowroot Powder
- 1/2 cup Nutritional Yeast

**Bread, Fish, Meat & Cheese**

- 2 kilograms Silken Tofu
- 113 grams Tempeh
- 840 grams Tofu

**Condiments & Oils**

- 1 1/2 tpsps Apple Cider Vinegar
- 2 3/4 tpsps Avocado Oil
- 2 tpsps Balsamic Vinegar
- 1 tbsp Coconut Aminos
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Sauerkraut
- 1 tbsp Sesame Oil
- 2 tpsps Tahini
- 2 tpsps Tamari
- 1/2 cup White Distilled Vinegar

**Cold**

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

**Other**

- 1 cup Chocolate Protein Powder
- 3 1/3 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.



## Tempeh Patties

2 servings

20 minutes

### Ingredients

- 113 grams Tempeh (cut into cubes)
- 1/2 Yellow Onion (small, diced)
- 1 Garlic (cloves)
- 1/2 tsp Chili Powder
- 1/4 tsp Dried Parsley
- 1/4 tsp Paprika
- Sea Salt & Black Pepper
- 1 1/2 tsps Coconut Aminos
- 1 tbsp Extra Virgin Olive Oil (divided)

### Nutrition

Amount per serving	
Calories	189
Fat	13g
Carbs	9g
Fiber	1g
Sugar	3g
Protein	12g
Cholesterol	0mg
Sodium	94mg
Vitamin A	341IU
Vitamin C	1mg
Calcium	79mg
Iron	3mg

### Directions

- 1 Add the tempeh, onion, garlic, chili powder, parsley, paprika, salt, pepper, coconut aminos, and half of the oil to the bowl of a food processor. Pulse until everything is combined and resembles a sausage like texture.
- 2 Form the mixture into equal balls then flatten to approximately one inch thickness.
- 3 Heat the remaining oil in a pan over medium heat. Add the patties and cook for three to five minutes per side or until they are golden brown. Enjoy!

### Notes

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

**Serving Size:** One serving is one patty.

**Serve it With:** Enjoy as is or alongside potatoes, hashbrowns, or as part of a breakfast sandwich.



## Radishes with Dukkah

2 servings  
10 minutes

### Ingredients

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



## Citrus Avocado Smoothie

2 servings  
10 minutes

### Ingredients

- 1 Avocado
- 2/3 Cucumber (medium)
- 2 Lime (juiced, zested)
- 8 Ice Cubes
- Sea Salt & Black Pepper (to taste, optional)

### Nutrition

Amount per serving	
Calories	187
Fat	15g
Carbs	16g
Fiber	7g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	10mg
Vitamin A	274IU
Vitamin C	26mg
Calcium	34mg
Iron	1mg

### Directions

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

### Notes

**More Flavor:** Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.





## 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.



## Pistachios

3 servings

1 minute

### Ingredients

1 1/2 cups Pistachios, In Shell

### Nutrition

Amount per serving	
Calories	318
Fat	26g
Carbs	16g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	216mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	40mg
Iron	2mg

### Directions

- 1 Divide into bowls, peel and enjoy!



## Kohlrabi Fries

3 servings

20 minutes

### Ingredients

- 3 tbsps Coconut Oil (melted)
- 3 cups Kohlrabi (peeled and sliced into thin strips)
- 3/4 tsp Sea Salt
- 3/4 tsp Cumin

### Nutrition

Amount per serving	
Calories	160
Fat	14g
Carbs	9g
Fiber	5g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	618mg
Vitamin A	55IU
Vitamin C	84mg
Calcium	37mg
Iron	1mg

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with foil. Grease with half the coconut oil.
- 2 In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
- 3 Remove from the oven and enjoy!

### Notes

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

**Reheating:** Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.



## Salt & Vinegar Roasted Edamame

4 servings  
1 hour 10 minutes

### Ingredients

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



## Mushroom & Cauliflower Rice Bowl

1 serving  
15 minutes

### Ingredients

- 1/2 tsp Avocado Oil
- 1 1/2 cups Cauliflower Rice
- 4 White Button Mushrooms (sliced)
- 2 cups Baby Spinach
- 1 1/2 tsps Coconut Aminos
- 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	249
Fat	18g
Carbs	21g
Fiber	12g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	224mg
Vitamin A	5773IU
Vitamin C	28mg
Calcium	102mg
Iron	3mg

### Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 2 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 3 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Coconut Aminos:** Use tamari or soy sauce instead.
- No Avocado Oil:** Use olive oil or coconut oil instead.
- More Flavor:** Season with chili flakes and/or garlic.
- Additional Toppings:** Add sliced nori and/or sesame seeds on top.



## 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.



## Celery with Peanut Butter

2 servings

5 minutes

### Ingredients

3 stalks Celery (sliced into sticks)  
1/4 cup All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	201
Fat	17g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	53mg
Vitamin A	269IU
Vitamin C	2mg
Calcium	40mg
Iron	1mg

### Directions

- 1 Spread peanut butter across celery sticks. Happy munching!

### Notes

**Nut-Free:** Use sunflower seed butter or hummus 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.





## Roasted Radishes with Avocado

4 servings

30 minutes

### Ingredients

4 cups Radishes (trimmed, halved)  
2 tps Avocado Oil  
1/2 tsp Sea Salt  
1 Avocado (large, cubed)  
1/2 cup Parsley (finely chopped)  
2 tbsps Sesame Seeds

### Nutrition

Amount per serving	
Calories	148
Fat	12g
Carbs	10g
Fiber	6g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	349mg
Vitamin A	722IU
Vitamin C	32mg
Calcium	89mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper. Add the radishes to the sheet with avocado oil and sea salt. Bake for 20 to 25 minutes or until the radishes are slightly browned.
- 2 Once the radishes are cooked through, let them cool slightly. Toss them with the avocado, parsley and sesame seeds. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate the radishes in an airtight container for up to 3 days. The avocado is best enjoyed immediately.

**More Flavor:** Add additional spices such as chili flakes, cumin, onion powder and/or garlic.

**No Avocado Oil:** Use coconut oil, olive oil, butter or ghee.

**No Parsley:** Use another fresh herb such as dill or chives.



## 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.



## 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.



## Vegan 'Tuna' Salad

1 serving  
35 minutes

### Ingredients

- 1/2 cup Sunflower Seeds (raw)
- 1/2 cup Water (hot)
- 1 tbsp Sauerkraut (juice only)
- 1/4 Lemon (juiced)
- 1/8 tsp Sea Salt
- 1 tbsp Red Onion (finely diced)
- 1/2 stalk Celery (finely diced)
- 1 tbsp Fresh Dill (finely chopped)

### Nutrition

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

### Directions

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

### Notes

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

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



## Cabbage & Tomato Soup

2 servings  
45 minutes

### Ingredients

- 2 tbsps Water
- 1/2 Yellow Onion (small)
- 1/2 stalk Celery (chopped)
- 1/2 Carrot (peeled and chopped)
- 1 Garlic (large clove, minced)
- 1/4 tsp Sea Salt (or to taste)
- 1 tsp Italian Seasoning
- 3/4 cup Diced Tomatoes (from the can)
- 1 1/2 cups Green Cabbage (chopped or sliced)
- 3 cups Vegetable Broth

### Nutrition

Amount per serving	
Calories	73
Fat	0g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	3g
Cholesterol	0mg
Sodium	1324mg
Vitamin A	3822IU
Vitamin C	36mg
Calcium	75mg
Iron	2mg

### Directions

- 1 Add the water to a large pot over medium-high heat. Add the onion, celery, carrot, and garlic and cook for about five minutes until the onions begin to soften. Stir in the salt and Italian seasoning and continue to cook for another one to two minutes.
- 2 Stir in the tomatoes and cabbage, then add the broth.
- 3 Bring the soup to a gentle boil, then reduce heat slightly and simmer for 20 to 25 minutes or until the vegetables are tender. Season the soup with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze for up to three months.

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

**Make it Spicy:** Add red pepper flakes, cayenne pepper, or hot sauce.

**More Carbs:** Add cooked rice, chickpeas, or lentils.

**More Vegetables:** Add zucchini, peas, green beans, bell pepper, kale, or spinach.

**More Flavor:** Add other dried herbs and spices like cumin, paprika, dill, chives, and/or black pepper.



## Creamy Roasted Garlic & Kale Soup with Cauliflower

2 servings  
1 hour 15 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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



## 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.



## 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.





## Green Bean Casserole

4 servings  
1 hour 20 minutes

### Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

### Nutrition

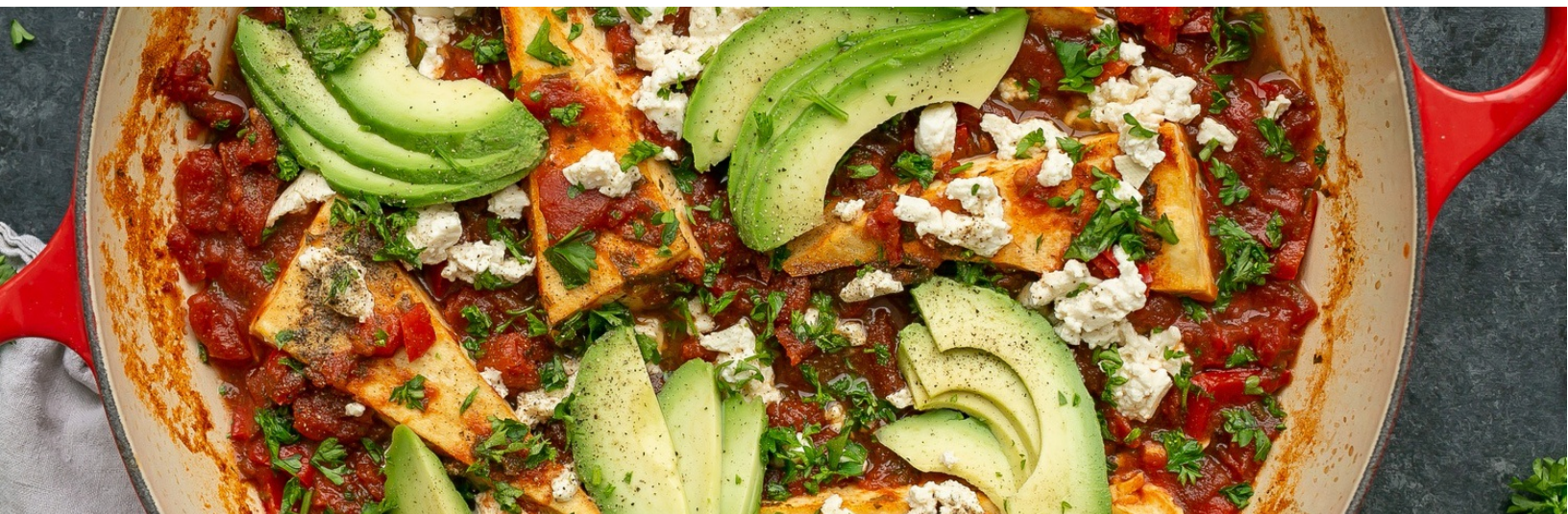
Amount per serving	
Calories	244
Fat	12g
Carbs	28g
Fiber	9g
Sugar	12g
Protein	11g
Cholesterol	0mg
Sodium	644mg
Vitamin A	865IU
Vitamin C	57mg
Calcium	124mg
Iron	4mg

### Directions

- 1 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 2 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 3 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 4 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 5 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 6 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 7 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

### Notes

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



## 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.



## Mushroom & Edamame Stir Fry

1 serving  
20 minutes

### Ingredients

- 3/4 tsp Sesame Oil
- 5 Cremini Mushrooms (sliced)
- 1/4 Yellow Onion (small, sliced)
- 1/2 cup Kale Leaves (finely chopped)
- 1 cup Frozen Edamame (thawed)
- 1 tbsp Vegetable Broth
- 1 tbsp Tamari
- 1 1/2 tsps Ginger (fresh, finely grated)
- 1 Garlic (clove, minced)
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	27g
Fiber	12g
Sugar	10g
Protein	26g
Cholesterol	0mg
Sodium	1088mg
Vitamin A	1000IU
Vitamin C	22mg
Calcium	166mg
Iron	6mg

### Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

### Notes

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

**More Flavor:** Add rice vinegar, honey or red pepper flakes to the sauce.

**Additional Toppings:** Asian-style hot sauce or sesame seeds.

**No Cauliflower Rice:** Use white rice, brown rice or quinoa instead.

**No Kale :** Use spinach or Swiss chard instead.



## Paleo Stuffing

1 serving  
1 hour 30 minutes

### Ingredients

- 1/8 head Cauliflower (chopped into florets)
- 1/2 tsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2/3 cup Portobello Mushroom (diced)
- 1/8 Leeks (chopped)
- 1/2 stalk Celery (diced)
- 2 2/3 tbsps Walnuts
- 1/8 Lemon (juiced)
- 1/2 Garlic (cloves, minced)
- 1/2 tsp Thyme
- 1 1/3 tbsps Parsley (chopped)
- 1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	376
Fat	34g
Carbs	15g
Fiber	6g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	258mg
Vitamin A	784IU
Vitamin C	61mg
Calcium	72mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 3 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 4 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 5 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 6 Remove from oven and transfer into a serving dish. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**Serving Size:** One serving is equal to approximately one cup.