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with Style

1200 Calorie 21 Day Fix Meal
Plan PDF (Week 3)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Cashew Butter & Jelly Overnight Oats	 Cashew Butter & Jelly Overnight Oats	 Blueberry Banana Protein Pancakes	 Blueberry Banana Protein Pancakes
Lunch	 Smashed Chickpea Salad with Tahini Dressing	 Thai Cauliflower & Sweet Potato Curry	 Sole & Asparagus with Brown Rice	 Swiss Chard, Lentil & Rice Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 Veggie & Feta Zucchini Boats	 Quick Chana Masala
Snack 2	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie
Dinner	 Thai Cauliflower & Sweet Potato Curry	 Sole & Asparagus with Brown Rice	 Swiss Chard, Lentil & Rice Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 Veggie & Feta Zucchini Boats	 Quick Chana Masala	 Cheesy Cauliflower & Broccoli Casserole

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  31%	Fat  31%	Fat  32%	Fat  32%	Fat  28%	Fat  28%
Carbs  51%	Carbs  48%	Carbs  48%	Carbs  49%	Carbs  48%	Carbs  51%	Carbs  50%
Protein  19%	Protein  21%	Protein  21%	Protein  19%	Protein  20%	Protein  21%	Protein  22%
Calories 1260	Calories 1276	Calories 1295	Calories 1361	Calories 1345	Calories 1215	Calories 1202
Fat 44g	Fat 46g	Fat 46g	Fat 51g	Fat 49g	Fat 40g	Fat 39g
Carbs 169g	Carbs 157g	Carbs 161g	Carbs 172g	Carbs 169g	Carbs 161g	Carbs 159g
Fiber 32g	Fiber 22g	Fiber 24g	Fiber 38g	Fiber 41g	Fiber 37g	Fiber 36g
Sugar 69g	Sugar 55g	Sugar 51g	Sugar 60g	Sugar 67g	Sugar 73g	Sugar 72g
Protein 62g	Protein 69g	Protein 69g	Protein 66g	Protein 70g	Protein 65g	Protein 68g
Cholesterol 43mg	Cholesterol 94mg	Cholesterol 94mg	Cholesterol 17mg	Cholesterol 47mg	Cholesterol 125mg	Cholesterol 95mg
Sodium 1690mg	Sodium 1383mg	Sodium 1013mg	Sodium 560mg	Sodium 1018mg	Sodium 1449mg	Sodium 1259mg
Vitamin A 9123IU	Vitamin A 9900IU	Vitamin A 8225IU	Vitamin A 26398IU	Vitamin A 23280IU	Vitamin A 7528IU	Vitamin A 14024IU
Vitamin C 196mg	Vitamin C 190mg	Vitamin C 139mg	Vitamin C 213mg	Vitamin C 259mg	Vitamin C 164mg	Vitamin C 262mg
Calcium 829mg	Calcium 750mg	Calcium 756mg	Calcium 1261mg	Calcium 1466mg	Calcium 1138mg	Calcium 1006mg
Iron 11mg	Iron 10mg	Iron 12mg	Iron 18mg	Iron 16mg	Iron 12mg	Iron 15mg

Fruits

- 1/2 Apple
- 1 Avocado
- 1 1/16 Banana
- 1 3/4 cups Blueberries
- 1 1/2 Kiwi
- 1/4 Lemon
- 3 3/4 tbsps Lemon Juice
- 2 Lime
- 3/4 Mango
- 3/4 cup Pineapple
- 1/3 cup Raspberries

Breakfast

- 2 tbsps Cashew Butter
- 3/4 cup Granola
- 3 1/8 tbsps Maple Syrup
- 2 tbsps Raspberry Jam

Seeds, Nuts & Spices

- 2 tbsps Cashews
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chana Masala Spice Blend
- 2 tbsps Chia Seeds
- 2 1/2 tbsps Cinnamon
- 1/2 tsp Cumin
- 1 1/16 tbsps Ground Flax Seed
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 4 cups Frozen Mango

Vegetables

- 2 cups Asparagus
- 8 cups Baby Spinach
- 1 cup Broccoli
- 2 cups Brussels Sprouts
- 1/2 cup Butternut Squash
- 3/4 head Cauliflower
- 1 stalk Celery
- 2/3 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 5 Garlic
- 1 tbsp Ginger
- 1/2 cup Mint Leaves
- 1/3 Red Bell Pepper
- 3 1/2 tbsps Red Onion
- 1 1/2 Sweet Potato
- 4 cups Swiss Chard
- 1 Yellow Onion
- 2 1/16 Zucchini

Boxed & Canned

- 3/4 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 2 1/4 cups Chickpeas
- 1/4 cup Dry Red Lentils
- 2 cups Lentils
- 3/4 cup Vegetable Broth
- 1 cup White Navy Beans

Baking

- 2 tbsps Nutritional Yeast
- 1 1/8 cups Oats
- 3 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- 1/2 cup Feta Cheese
- 227 grams Sole Fillet

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tbsps Coconut Oil
- 3 1/4 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Italian Dressing
- 3 tbsps Tahini
- 1 tbsp Thai Red Curry Paste
- 1/2 cup Tomato Sauce

Cold

- 1 1/2 cups Cottage Cheese
- 1 1/16 Egg
- 5 cups Plain Coconut Milk
- 3 1/4 cups Plain Greek Yogurt
- 1/4 cup Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk

Other

- 76 grams Collagen Powder
- 1/4 cup Protein Powder
- 2 1/3 cups Water



Tropical Breakfast Bowl

3 servings**5 minutes**

Ingredients

2 1/4 cups Plain Greek Yogurt
3/4 cup Pineapple (chopped)
3/4 Mango (peeled and chopped)
1 1/2 Kiwi (peeled and chopped)
3/4 cup Granola

Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Cholesterol	25mg
Sodium	115mg
Vitamin A	1906IU
Vitamin C	94mg
Calcium	424mg
Iron	2mg

Directions

1

Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

Notes

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

Additional Toppings: Chopped nuts, seeds, shredded coconut, and/or honey.

Fruit: Add banana and/or berries.

Dairy-Free: Use coconut yogurt instead.

Grain-Free: Omit the granola.



Cashew Butter & Jelly Overnight Oats

2 servings**8 hours**

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Oats
- 3 tbsps Unsweetened Almond Milk
- 2 tpsps Chia Seeds
- 2 tpsps Maple Syrup
- 2 tbsps Cashew Butter
- 2 tbsps Raspberry Jam
- 1/3 cup Raspberries

Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	40g
Fiber	5g
Sugar	15g
Protein	17g
Cholesterol	17mg
Sodium	90mg
Vitamin A	678IU
Vitamin C	14mg
Calcium	347mg
Iron	3mg

Directions

- 1 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 2 Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

Notes

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

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

Dairy-Free: Use coconut yogurt or other non-dairy yogurt.

Additional Toppings: Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

No Almond Milk: Use cow's milk or any other milk alternative.



Blueberry Banana Protein Pancakes

2 servings
15 minutes

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

Nutrition

Amount per serving	
Calories	284
Fat	8g
Carbs	39g
Fiber	5g
Sugar	21g
Protein	16g
Cholesterol	95mg
Sodium	63mg
Vitamin A	202IU
Vitamin C	7mg
Calcium	133mg
Iron	2mg

Directions

- 1 In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 2 Stir blueberries into mixture.
- 3 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 4 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

Serving Size: One serving is approximately one large pancake or two small pancakes.

Egg-Free: Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.



Smashed Chickpea Salad with Tahini Dressing

1 serving
10 minutes

Ingredients

- 3/4 cup Chickpeas (cooked, rinsed)
- 1/2 Apple (finely chopped)
- 1 stalk Celery (finely chopped)
- 1 tbsp Tahini
- 1 tbsp Water
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/2 Garlic (clove, small, minced)

Nutrition

Amount per serving	
Calories	351
Fat	12g
Carbs	53g
Fiber	14g
Sugar	17g
Protein	14g
Cholesterol	0mg
Sodium	650mg
Vitamin A	274IU
Vitamin C	16mg
Calcium	151mg
Iron	5mg

Directions

- 1 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 2 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 3 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

Notes

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

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

More Flavor: Add Dijon mustard or maple syrup to the dressing. Stir in fresh parsley or green onion.

Apple: This recipe was created using Granny Smith apples.

Serve it With: Cucumber slices, whole grain crackers, as a sandwich filling or on top of baby greens.



Blueberry Cobbler Smoothie

3 servings

5 minutes

Ingredients

- 2 1/4 cups Unsweetened Cashew Milk
- 1 1/2 cups Blueberries (fresh or frozen)
- 1/3 cup Oats (quick or rolled)
- 1 1/2 cups Cottage Cheese
- 3 tbsps Pitted Dates
- 2 1/4 tbsps Lemon Juice
- 1 1/2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	31g
Fiber	4g
Sugar	16g
Protein	14g
Cholesterol	18mg
Sodium	396mg
Vitamin A	567IU
Vitamin C	12mg
Calcium	190mg
Iron	1mg

Directions

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

Notes

Leftovers: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

Pitted Dates: One serving is equal to approximately one to two dates.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

More Fiber: Add ground flax seed.

More Protein: Add hemp seeds, chia seeds, or a scoop of protein powder.

No Cashew Milk: Use any milk of choice.

No Dates: Sweeten with maple syrup, honey, stevia, or banana instead.



Mango Mint Smoothie

4 servings

5 minutes

Ingredients

- 5 cups Plain Coconut Milk (unsweetened from the carton)
- 4 cups Frozen Mango
- 1 Avocado
- 4 cups Baby Spinach
- 1/2 cup Mint Leaves (stems removed)
- 2 Lime (juiced)
- 76 grams Collagen Powder

Directions

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

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a pitted date before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Nutrition

Amount per serving	
Calories	356
Fat	14g
Carbs	41g
Fiber	7g
Sugar	32g
Protein	20g
Cholesterol	0mg
Sodium	112mg
Vitamin A	5443IU
Vitamin C	81mg
Calcium	639mg
Iron	2mg



Thai Cauliflower & Sweet Potato Curry

2 servings**35 minutes**

Ingredients

- 1/4 Yellow Onion (chopped)
- 1 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 2 tbsps Water
- 1 tbsp Thai Red Curry Paste
- 3/4 cup Vegetable Broth
- 1/2 cup Canned Coconut Milk (full fat)
- 1/4 cup Dry Red Lentils
- 1/2 head Cauliflower (small, chopped into florets)
- 1/2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 tbsps Cilantro (chopped, optional for garnish)

Nutrition

Amount per serving	
Calories	290
Fat	12g
Carbs	37g
Fiber	8g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	529mg
Vitamin A	6376IU
Vitamin C	74mg
Calcium	64mg
Iron	3mg

Directions

- 1 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 2 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 3 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 4 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

Notes

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

Serving Size: One serving is approximately 2 cups of curry.

More Flavor: Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With: Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.



Sole & Asparagus with Brown Rice

2 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 cup Water
- 2 cups Asparagus (woody ends sliced off)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 227 grams Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	51mg
Sodium	343mg
Vitamin A	1051IU
Vitamin C	10mg
Calcium	72mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

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

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.



Swiss Chard, Lentil & Rice Bowl

2 servings

1 hour

Ingredients

1/4 cup Brown Rice (uncooked)
1/3 cup Water
1 1/2 tsps Coconut Oil
4 cups Swiss Chard (washed, stems removed and chopped)
1/2 tsp Cumin
1/2 tsp Paprika
1 tbsp Extra Virgin Olive Oil
1/2 Garlic (clove, minced)
1 1/2 tsps Apple Cider Vinegar
1 cup Lentils (cooked, drained and rinsed)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	309
Fat	12g
Carbs	41g
Fiber	10g
Sugar	3g
Protein	12g
Cholesterol	0mg
Sodium	159mg
Vitamin A	4701IU
Vitamin C	23mg
Calcium	70mg
Iron	5mg

Directions

- 1 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 2 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

Speed it Up: Use quinoa or brown rice pasta instead of brown rice.

No Swiss Chard: Use kale, spinach or collard greens instead.



Roasted Sweet Potato & Brussels Sprouts Salad

2 servings
30 minutes

Ingredients

- 1 Sweet Potato (medium, sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	199mg
Vitamin A	15576IU
Vitamin C	95mg
Calcium	205mg
Iron	8mg

Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

- No Brussels Sprouts:** Use broccoli instead.
- No Lentils:** Use chickpeas, tempeh, or tofu instead.



Veggie & Feta Zucchini Boats

2 servings
40 minutes

Ingredients

- 2 Zucchini (medium)
- 2/3 tsp Extra Virgin Olive Oil
- 1 cup White Navy Beans (drained, rinsed)
- 2/3 cup Cherry Tomatoes
- 1/3 Red Bell Pepper (medium, diced)
- 3 1/2 tbsps Red Onion (diced)
- 1/2 cup Feta Cheese (crumbled, divided)
- 2 2/3 tbsps Italian Dressing

Nutrition

Amount per serving	
Calories	293
Fat	10g
Carbs	38g
Fiber	13g
Sugar	10g
Protein	16g
Cholesterol	30mg
Sodium	617mg
Vitamin A	1583IU
Vitamin C	69mg
Calcium	275mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cut the zucchini down the middle lengthwise and scoop out the middle flesh from the center of each zucchini half. Brush oil on the bottom of each half and place them on the baking sheet cut side up.
- 3 In a bowl, combine the navy beans, tomatoes, bell pepper, onion, half of the feta cheese, and Italian dressing.
- 4 Spoon the filling into each zucchini boat and top each with the remaining feta. Bake for 25 to 30 minutes or until the filling is browned and the zucchini is cooked to your liking. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is equal to two zucchini boats.

Dairy-Free: Use dairy-free cheese or omit entirely.

Additional Toppings: Top with fresh herbs, dried oregano, and/or hot sauce after cooking.



Quick Chana Masala

2 servings
20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 Yellow Onion (small, chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tps Ginger (fresh, minced or grated)
- 2 tps Chana Masala Spice Blend
- 1/2 cup Tomato Sauce (plain)
- 1/2 cup Water
- 1 1/2 cups Chickpeas (cooked, rinsed well)

Nutrition

Amount per serving	
Calories	282
Fat	8g
Carbs	43g
Fiber	12g
Sugar	10g
Protein	13g
Cholesterol	0mg
Sodium	657mg
Vitamin A	300IU
Vitamin C	7mg
Calcium	91mg
Iron	5mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes or until the onion begins to soften. Add the garlic, ginger, chana masala spice blend, and salt. Cook for another minute until very fragrant.
- 2 Add the tomato sauce and water and bring the sauce to a simmer.
- 3 Add the chickpeas and cook for five to 10 minutes or until the chickpeas are warmed through and the sauce has thickened slightly. Season with additional salt if needed.
- 4 To serve, divide between plates or bowls and enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add red pepper flakes, cayenne pepper, or another hot pepper spice for a spicier dish.

Serve It With: Rice, cauliflower rice, naan bread, pita bread, or other flatbread.

No Chana Masala Spice Blend: Use a combination of paprika, coriander, cumin, cardamom, cinnamon, black pepper, and turmeric.



Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

- Save Time:** Buy frozen, pre-sliced butternut squash cubes.
- More Carbs:** Serve with brown rice macaroni or quinoa.