






















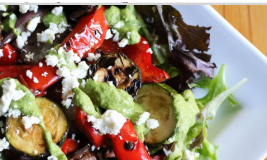





























**EXERCISE**  
*with Style*

14 Day Balanced 1200 Calorie  
Meal Plan PDF (Week 1)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Meal Prep Veggie Bowls	 Meal Prep Veggie Bowls	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats
Lunch	 Simple Egg Salad Sandwich	 Grilled Vegetable & Lentil Salad	 Roasted Veggie Pesto Pasta	 Caprese Mason Jar Salad	 Kale & Millet Egg Bake	 One Pot Snap Pea & Mackerel Orzo	 Lentil Chickpea Salad
Snack 2	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie
Dinner	 Grilled Vegetable & Lentil Salad	 Roasted Veggie Pesto Pasta	 Caprese Mason Jar Salad	 Kale & Millet Egg Bake	 One Pot Snap Pea & Mackerel Orzo	 Lentil Chickpea Salad	 One Pot Spinach & Artichoke Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  32%	Fat  34%	Fat  33%	Fat  31%	Fat  31%	Fat  28%
Carbs  46%	Carbs  49%	Carbs  48%	Carbs  47%	Carbs  47%	Carbs  48%	Carbs  51%
Protein  20%	Protein  19%	Protein  18%	Protein  20%	Protein  22%	Protein  21%	Protein  21%
Calories 1219	Calories 1252	Calories 1269	Calories 1281	Calories 1296	Calories 1309	Calories 1231
Fat 48g	Fat 47g	Fat 49g	Fat 48g	Fat 46g	Fat 46g	Fat 41g
Carbs 146g	Carbs 160g	Carbs 155g	Carbs 155g	Carbs 156g	Carbs 163g	Carbs 168g
Fiber 31g	Fiber 41g	Fiber 32g	Fiber 28g	Fiber 26g	Fiber 35g	Fiber 46g
Sugar 28g	Sugar 33g	Sugar 27g	Sugar 42g	Sugar 43g	Sugar 43g	Sugar 47g
Protein 62g	Protein 62g	Protein 59g	Protein 65g	Protein 72g	Protein 70g	Protein 67g
Cholesterol 254mg	Cholesterol 64mg	Cholesterol 77mg	Cholesterol 595mg	Cholesterol 637mg	Cholesterol 76mg	Cholesterol 4mg
Sodium 2033mg	Sodium 1715mg	Sodium 1303mg	Sodium 961mg	Sodium 1147mg	Sodium 781mg	Sodium 1359mg
Vitamin A 4137IU	Vitamin A 7537IU	Vitamin A 8971IU	Vitamin A 20631IU	Vitamin A 16314IU	Vitamin A 3208IU	Vitamin A 5826IU
Vitamin C 135mg	Vitamin C 192mg	Vitamin C 86mg	Vitamin C 220mg	Vitamin C 207mg	Vitamin C 82mg	Vitamin C 92mg
Calcium 670mg	Calcium 660mg	Calcium 704mg	Calcium 1115mg	Calcium 1170mg	Calcium 1405mg	Calcium 1211mg
Iron 16mg	Iron 16mg	Iron 13mg	Iron 13mg	Iron 12mg	Iron 13mg	Iron 17mg

**Fruits**

- 4 Apple
- 2 Banana
- 1/4 cup Blueberries
- 1 Lemon
- 1 1/2 Pear
- 1/4 cup Raspberries

**Breakfast**

- 1/3 cup Almond Butter
- 1 1/2 tps Cashew Butter

**Seeds, Nuts & Spices**

- 2 tbsps Cashews
- 1 tbsp Chia Seeds
- 1/3 tsp Chili Powder
- 1 tbsp Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Dried Chives
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1/4 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 16 Ice Cubes

**Vegetables**

- 3 cups Baby Spinach
- 1 cup Basil Leaves
- 2 2/3 cups Broccoli
- 2/3 Carrot
- 1/3 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/3 Eggplant
- 1 tbsp Fresh Dill
- 1 1/3 cups Green Beans
- 2/3 cup Kale Leaves
- 4 cups Mixed Greens
- 1/3 Orange Bell Pepper
- 2/3 cup Parsley
- 1 cup Portobello Mushroom
- 1 1/2 Red Bell Pepper
- 1 cup Red Onion
- 3/4 cup Snap Peas
- 1 1/3 Sweet Potato
- 1/2 Tomato
- 1 1/3 Zucchini

**Boxed & Canned**

- 57 grams Chickpea Pasta
- 1 cup Chickpeas
- 3 cups Fava Beans
- 1/2 cup Green Lentils
- 1 cup Lentils
- 1/2 cup Millet
- 2/3 cup Mixed Beans
- 3/4 cup Orzo
- 85 grams Pretzels
- 1/2 cup Quinoa
- 3/4 cup Vegetable Broth
- 1 cup Vegetable Broth, Low Sodium
- 1/2 cup Whole Wheat Penne

**Baking**

- 1 1/8 tps Nutritional Yeast
- 1 1/2 cups Oats

**Bread, Fish, Meat & Cheese**

- 113 grams Canned Mackerel
- 84 grams Cheddar Cheese
- 1/4 cup Feta Cheese
- 2 tbsps Parmigiano Reggiano
- 85 grams Sliced Ham
- 85 grams Small Bocconcini
- 2 slices White Bread

**Condiments & Oils**

- 1 1/2 tps Apple Cider Vinegar
- 1/2 cup Artichoke Hearts
- 2/3 tsp Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil
- 2 tps Mayonnaise
- 1 3/4 tps Pesto
- 1 1/2 tps Red Wine Vinegar
- 3 tbsps Tahini
- 1 1/2 tps Tamari
- 1 tbsp White Wine Vinegar

**Cold**

- 2 2/3 tps Cottage Cheese
- 2 2/3 tps Cow's Milk, Whole
- 1/2 cup Cream, Half & Half
- 7 1/16 Egg
- 5 1/4 cups Unsweetened Almond Milk

**Other**

- 3/4 cup Vanilla Protein Powder
- 1 1/2 cups Water



## Egyptian Fava Beans with Tahini

3 servings  
15 minutes

### Ingredients

- 3 cups Fava Beans (cooked, with liquid)
- 3 tbsps Tahini
- 1/2 tsp Cumin
- 1 1/2 tps Apple Cider Vinegar
- 1/4 tsp Sea Salt

### Nutrition

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

### Directions

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

### Notes

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

**No Apple Cider Vinegar:** Use lemon juice instead.

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

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



## Meal Prep Veggie Bowls

2 servings

35 minutes

### Ingredients

- 2 2/3 cups Broccoli (chopped into florets)
- 1 1/3 Sweet Potato (small, chopped into cubes)
- 2/3 tsp Avocado Oil
- 1/3 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/3 cups Green Beans (trimmed)
- 4 Egg

### Nutrition

Amount per serving	
Calories	294
Fat	12g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	372mg
Sodium	246mg
Vitamin A	14183IU
Vitamin C	118mg
Calcium	165mg
Iron	4mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

### Notes

**Egg-Free:** Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

**No Avocado Oil:** Use olive or coconut oil.

**More Flavor:** Add cayenne pepper, chili flakes or hot sauce.

**Leftovers:** Refrigerate in an airtight container for up to 4 days.

**Serving Size:** One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



## Overnight Vanilla Protein Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

### Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

### Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

### Notes

**Leftovers:** Keep well in the fridge for 3 to 4 days.

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

**Extra Garnish:** Add cacao nibs, chocolate chips, seeds or nuts.

**No Almond Butter:** Omit, or use peanut butter or sunflower seed butter instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



## Simple Egg Salad Sandwich

1 serving  
15 minutes

### Ingredients

- 1 Egg
- 2 tsps Mayonnaise
- 1/2 tsp Dijon Mustard
- 1/2 tsp Dried Chives
- Sea Salt & Black Pepper (to taste)
- 2 slices White Bread

### Nutrition

Amount per serving	
Calories	296
Fat	14g
Carbs	30g
Fiber	2g
Sugar	4g
Protein	12g
Cholesterol	190mg
Sodium	451mg
Vitamin A	299IU
Vitamin C	0mg
Calcium	115mg
Iron	3mg

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and roughly chop.
- 2 In a bowl, combine the chopped eggs, mayonnaise, mustard, dried chives, salt, and pepper.
- 3 Evenly divide the egg salad between bread slices. Close each sandwich and enjoy!

### Notes

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

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

**More Flavor:** Add mixed greens, sprouts, cucumber, tomatoes, or lettuce.





## Ham & Cheese Pretzel Box

3 servings

5 minutes

### Ingredients

- 85 grams Pretzels
- 1 1/2 Pear (seeds removed, sliced)
- 84 grams Cheddar Cheese (cubed)
- 85 grams Sliced Ham

### Nutrition

Amount per serving	
Calories	310
Fat	12g
Carbs	38g
Fiber	4g
Sugar	10g
Protein	15g
Cholesterol	47mg
Sodium	830mg
Vitamin A	370IU
Vitamin C	4mg
Calcium	216mg
Iron	2mg

### Directions

- 1 Arrange all of the ingredients in a container and enjoy!

### Notes

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

**Gluten-Free:** Use gluten-free pretzels and crackers.

**Dairy-Free:** Use vegan cheese, olives or hummus instead of cheddar cheese.



## Creamy Apple Pie Smoothie

4 servings

5 minutes

### Ingredients

4 Apple (medium, peeled and chopped)  
2 Banana (frozen)  
16 Ice Cubes  
1/2 cup Vanilla Protein Powder  
1/2 cup Oats  
1/4 cup Almond Butter  
1 tbsp Cinnamon (ground)  
4 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**Apple Type:** For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

**No Almond Milk:** Use any other type of milk instead.

### Nutrition

Amount per serving	
Calories	358
Fat	13g
Carbs	52g
Fiber	11g
Sugar	27g
Protein	16g
Cholesterol	2mg
Sodium	184mg
Vitamin A	641IU
Vitamin C	14mg
Calcium	601mg
Iron	2mg



## Grilled Vegetable & Lentil Salad

2 servings  
20 minutes

### Ingredients

- 1 Red Bell Pepper (cored and sliced)
- 1/2 cup Red Onion (coarsely chopped)
- 1 Zucchini (sliced into rounds)
- 1 cup Portobello Mushroom (sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Cashews
- 1/2 Lemon (juiced)
- 1 1/2 tsps Tamari
- 1/2 cup Parsley
- 1 tbsp Water
- 1 1/2 tsps Red Wine Vinegar
- 4 cups Mixed Greens
- 1 cup Lentils (cooked, drained and rinsed)
- 1/4 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

### Notes

**No Lentils:** Use chickpeas or black beans instead.

**Vegan:** Omit the cheese and top with toasted cashews instead.

**Save Time:** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers:** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

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Iron

7mg



## Roasted Veggie Pesto Pasta

2 servings  
30 minutes

### Ingredients

1/3 head Cauliflower (small, chopped into florets)  
1/3 Eggplant (medium, chopped)  
2/3 Carrot (medium, chopped)  
1/3 Zucchini (medium, chopped)  
1 tbsp Extra Virgin Olive Oil  
1/2 cup Whole Wheat Penne (dry)  
2/3 cup Mixed Beans (cooked, rinsed)  
1 3/4 tbsps Pesto (to taste)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	329
Fat	13g
Carbs	44g
Fiber	12g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	133mg
Vitamin A	3699IU
Vitamin C	57mg
Calcium	105mg
Iron	3mg

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the cauliflower, eggplant, carrot, and zucchini to a large baking sheet and toss with oil until evenly coated. Spread everything out evenly and roast for 20 minutes. Remove from oven to stir, then cook for another 10 minutes, or until tender and the edges are browned.
- 3 Meanwhile, cook the pasta according to package directions. Drain and set aside.
- 4 In a large serving bowl, combine the pasta, roasted vegetables, mixed beans, and pesto. Season with salt and pepper before serving. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 2 1/2 cups.

**Gluten-Free:** Use gluten-free pasta or veggie noodles instead.

**More Flavor:** Add parmesan, nutritional yeast, or feta cheese.

**Additional Toppings:** Sliced green onions, fresh herbs, and lemon juice.



## Caprese Mason Jar Salad

2 servings  
25 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Balsamic Vinegar
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (small, diced)
- 1 cup Basil Leaves (packed, chopped)
- 85 grams Small Bocconcini (halved)
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	36g
Fiber	5g
Sugar	5g
Protein	16g
Cholesterol	30mg
Sodium	117mg
Vitamin A	4862IU
Vitamin C	24mg
Calcium	254mg
Iron	4mg

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Meanwhile, combine the oil and balsamic vinegar and divide evenly between the bottoms of the jars.
- 3 Add equal amounts of cherry tomatoes, red onion, basil, quinoa, bocconcini, and spinach to the jars. When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

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

**Serving Size:** 26 fl oz (768 mL) mason jars were used for this recipe. One serving is one mason jar.

**Make it Vegan:** Use avocado instead of bocconcini or omit completely.

**More Flavor:** Season with salt, pepper, or your choice of herbs and spices.

**Additional Toppings:** Hemp seeds, black beans, edamame, chickpeas, tofu, chicken breast, or turkey breast.

**No Balsamic Vinegar:** Use red wine vinegar or your favorite dressing instead, adjusting or omitting the oil accordingly.



## Kale & Millet Egg Bake

2 servings

55 minutes

### Ingredients

- 1/2 cup Millet (dry)
- 3/4 cup Vegetable Broth
- 2/3 cup Kale Leaves (chopped)
- 1/3 Orange Bell Pepper (medium, chopped)
- 2 2/3 tbsps Cottage Cheese
- 2 Egg (whisked)
- 2 2/3 tbsps Cow's Milk, Whole
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	277
Fat	8g
Carbs	36g
Fiber	4g
Sugar	2g
Protein	14g
Cholesterol	191mg
Sodium	414mg
Vitamin A	945IU
Vitamin C	64mg
Calcium	95mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Grease a baking dish or line with parchment paper.
- 2 Cook the millet with the broth, according to package directions. When done, transfer to a large bowl and allow to cool.
- 3 Combine all of the remaining ingredients with the millet and stir to combine.
- 4 Transfer to the prepared baking dish. Bake in the oven for 30 minutes, until it has risen and browned on the top. Enjoy!

### Notes

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

**Serving Size:** A 9 x 9-inch baking dish was used to create six servings. One serving is equal to one square.

**More Flavor:** Add italian seasoning.



## One Pot Snap Pea & Mackerel Orzo

2 servings  
25 minutes

### Ingredients

- 3/4 cup Orzo
- 1 1/2 cups Water
- 1/2 cup Cream, Half & Half
- 1/2 Lemon (juiced)
- 3/4 cup Snap Peas (chopped)
- 2 tbsps Parmigiano Reggiano (reserve some for garnish)
- 113 grams Canned Mackerel (drained and flaked)
- 1 tbsp Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	367
Fat	13g
Carbs	37g
Fiber	3g
Sugar	6g
Protein	23g
Cholesterol	72mg
Sodium	303mg
Vitamin A	545IU
Vitamin C	11mg
Calcium	309mg
Iron	3mg

### Directions

- 1 In a large skillet over medium heat, add the orzo, water, cream, and lemon juice. Cook for 15 minutes until the orzo is al dente, being sure to stir often to avoid having the orzo stick to the skillet.
- 2 Add the remaining ingredients and cook for two to three minutes or until the peas are slightly softened.
- 3 Divide the orzo evenly between plates and garnish with the remaining parmesan. Enjoy!

### Notes

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

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

**More Flavor:** Add minced garlic and/or shallots to the orzo while cooking.

**Gluten-Free:** Use a short gluten-free pasta and adjust the liquid as needed.

**Dairy-Free:** Omit the cream and parmesan and use coconut cream and dairy-free cheese.





## Lentil Chickpea Salad

2 servings

30 minutes

### Ingredients

- 1/2 cup Green Lentils (cooked, drained)
- 1 cup Chickpeas (cooked, drained)
- 1/4 cup Red Onion (small, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/2 Tomato (large, diced)
- 2 tbsps Parsley (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp White Wine Vinegar
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	275
Fat	9g
Carbs	37g
Fiber	12g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	170mg
Vitamin A	1695IU
Vitamin C	51mg
Calcium	65mg
Iron	5mg

### Directions

- 1 Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
- 2 Divide onto plates and enjoy!

### Notes

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

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

**Additional Toppings:** Feta cheese, olives, fresh dill.

**No White Wine Vinegar:** Use red white vinegar, apple cider vinegar, or lemon juice.



## One Pot Spinach & Artichoke Pasta

1 serving  
15 minutes

### Ingredients

1/2 cup Artichoke Hearts (from the can, drained)  
1 1/8 tsps Nutritional Yeast  
1/8 tsp Sea Salt (to taste)  
57 grams Chickpea Pasta (dry)  
1 1/2 tsps Cashew Butter  
1 cup Vegetable Broth, Low Sodium  
1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	289
Fat	8g
Carbs	42g
Fiber	14g
Sugar	10g
Protein	20g
Cholesterol	0mg
Sodium	881mg
Vitamin A	3163IU
Vitamin C	21mg
Calcium	115mg
Iron	7mg

### Directions

- 1 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 2 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
- 3 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add sautéed garlic.

**Additional Toppings:** Top with red pepper flakes, lemon juice, and/or black pepper.

**No Cashew Butter:** Use sunflower seed butter, tahini, or cream cheese instead.