















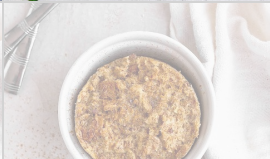




































EXERCISE
with Style

28 Day Balanced 1000 Calorie
Meal Plan PDF (Week 2)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Lime Smoothie	 0.5 Mango Lime Smoothie	 0.5 Mango Lime Smoothie	 0.5 Mocha Overnight Protein Oats	 0.5 Mocha Overnight Protein Oats	 0.5 Soba Breakfast Bowl	 0.5 Soba Breakfast Bowl
Lunch	 0.5 Lentil Masala Soup	 Roasted Sweet Potato & Brussels Sprouts Salad	 Spaghetti with Lentil Mushroom Tomato Sauce	 Squash & Kale Tortellini Soup	 Creamy Edamame & Mushroom Pasta	 Meal Prep Veggie Bowls	 Korean Egg Rice
Snack 2	 0.5 French Toast Mug Cake	 0.5 French Toast Mug Cake	 0.5 French Toast Mug Cake	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie
Dinner	 Roasted Sweet Potato & Brussels Sprouts Salad	 Spaghetti with Lentil Mushroom Tomato Sauce	 Squash & Kale Tortellini Soup	 Creamy Edamame & Mushroom Pasta	 Meal Prep Veggie Bowls	 Korean Egg Rice	 Tofu Veggie Summer Rolls

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  24%	Fat  24%	Fat  31%	Fat  34%	Fat  30%	Fat  27%
Carbs  52%	Carbs  57%	Carbs  58%	Carbs  50%	Carbs  45%	Carbs  49%	Carbs  52%
Protein  21%	Protein  19%	Protein  18%	Protein  19%	Protein  21%	Protein  21%	Protein  21%
Calories 1065	Calories 1062	Calories 1044	Calories 1086	Calories 1043	Calories 1111	Calories 1103
Fat 33g	Fat 30g	Fat 28g	Fat 39g	Fat 41g	Fat 37g	Fat 34g
Carbs 145g	Carbs 158g	Carbs 157g	Carbs 141g	Carbs 123g	Carbs 136g	Carbs 144g
Fiber 33g	Fiber 33g	Fiber 21g	Fiber 24g	Fiber 28g	Fiber 20g	Fiber 16g
Sugar 57g	Sugar 37g	Sugar 34g	Sugar 32g	Sugar 33g	Sugar 32g	Sugar 42g
Protein 58g	Protein 51g	Protein 49g	Protein 54g	Protein 58g	Protein 59g	Protein 59g
Cholesterol 97mg	Cholesterol 95mg	Cholesterol 136mg	Cholesterol 60mg	Cholesterol 391mg	Cholesterol 762mg	Cholesterol 390mg
Sodium 1180mg	Sodium 528mg	Sodium 2504mg	Sodium 3943mg	Sodium 2014mg	Sodium 1881mg	Sodium 2393mg
Vitamin A 19565IU	Vitamin A 19380IU	Vitamin A 11956IU	Vitamin A 13310IU	Vitamin A 19341IU	Vitamin A 17699IU	Vitamin A 4988IU
Vitamin C 246mg	Vitamin C 182mg	Vitamin C 112mg	Vitamin C 51mg	Vitamin C 144mg	Vitamin C 153mg	Vitamin C 102mg
Calcium 1196mg	Calcium 760mg	Calcium 766mg	Calcium 918mg	Calcium 872mg	Calcium 555mg	Calcium 903mg
Iron 15mg	Iron 15mg	Iron 10mg	Iron 10mg	Iron 11mg	Iron 11mg	Iron 11mg

Fruits

- 2 Lime
- 1 1/2 tsps Lime Juice
- 4 Peach

Breakfast

- 1/4 cup Coffee
- 1 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1/3 tsp Chili Powder
- 2 1/2 tsps Cinnamon
- 3/4 tsp Garam Masala
- 1 tsp Garlic Powder
- 2 1/4 tsps Italian Seasoning
- 2 tsps Onion Powder
- 1/2 tsp Oregano
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tsps Sesame Seeds
- 1/4 tsp Turmeric

Frozen

- 2 cups Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 2 cups Frozen Mango
- 1/2 cup Frozen Peas

Vegetables

- 6 cups Baby Spinach
- 1/2 cup Basil Leaves
- 2 2/3 cups Broccoli
- 2 cups Brussels Sprouts
- 1 cup Butternut Squash
- 1 stalk Celery
- 1/4 cup Cilantro
- 1/8 Cucumber
- 1 Garlic
- 1 1/3 cups Green Beans
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1 cup Mushrooms
- 1 1/2 cups Oyster Mushrooms
- 1/2 cup Purple Cabbage
- 1/4 Red Bell Pepper
- 2 tbsps Red Onion
- 2 1/3 Sweet Potato
- 2 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 2/3 cup Brown Rice
- 1/2 cup Brown Rice Macaroni
- 1/2 cup Brown Rice Spaghetti
- 50 grams Buckwheat Soba Noodles
- 1/4 cup Canned Coconut Milk
- 4 cups Chicken Broth
- 3/4 cup Diced Tomatoes
- 1/4 cup Dry Red Lentils
- 1 1/2 cups Lentils
- 1 tbsp Tomato Paste
- 1 cup Vegetable Broth

Baking

- 2 tbsps Almond Flour
- 1/2 tsp Arrowroot Powder
- 1 tbsp Cacao Nibs
- 1 tbsp Cocoa Powder
- 2 1/4 tsps Honey

Bread, Fish, Meat & Cheese

- 170 grams Tofu
- 4 slices Whole Grain Bread

Condiments & Oils

- 1 2/3 tsps Avocado Oil
- 1/3 tsp Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 cup Kimchi
- 2 Rice Paper Wraps
- 3/4 tsp Rice Vinegar
- 2 tbsps Tahini
- 1 1/4 tbsps Tamari

Cold

- 149 grams Cheese Tortellini
- 2 cups Cottage Cheese
- 10 1/16 Egg
- 1/4 cup Oat Milk
- 3 cups Plain Coconut Milk
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk

Other

- 2 tbsps Chocolate Protein Powder
- 2 Nori Sheets
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Water

-
- 1 cup Oats
 - 1/4 cup Pitted Dates



Mango Lime Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
2 cups Frozen Cauliflower
2 Lime (large, zest and juice)
1/2 cup Vanilla Protein Powder
3 cups Plain Coconut Milk
(unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g
Cholesterol	4mg
Sodium	127mg
Vitamin A	2574IU
Vitamin C	130mg
Calcium	845mg
Iron	2mg

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Mocha Overnight Protein Oats

1 serving

8 hours

Ingredients

1/2 cup Oats (rolled)
1 tbsp Chia Seeds
1 tbsp Cocoa Powder
2 tbsps Chocolate Protein Powder
1/2 cup Unsweetened Almond Milk
1/4 cup Coffee (brewed and chilled)
1 tbsp Cacao Nibs

Nutrition

Amount per serving	
Calories	325
Fat	12g
Carbs	40g
Fiber	13g
Sugar	0g
Protein	19g
Cholesterol	2mg
Sodium	106mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	393mg
Iron	4mg

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

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



Soba Breakfast Bowl

1 serving
15 minutes

Ingredients

50 grams Buckwheat Soba Noodles
3/4 tsp Tamari
3/4 tsp Rice Vinegar
2 Egg
2 cups Kale Leaves (stems removed,
roughly chopped)
2 tbsps Water
1 1/2 tps Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g
Cholesterol	372mg
Sodium	569mg
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Iron	3mg

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Lentil Masala Soup

1 serving
30 minutes

Ingredients

- 1/3 tsp Coconut Oil
- 2 tbsps Red Onion (finely diced)
- 1 Garlic (cloves, minced)
- 1/4 tsp Turmeric
- 3/4 tsp Garam Masala
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (finely diced)
- 1 cup Vegetable Broth
- 3/4 cup Diced Tomatoes
- 1/4 cup Dry Red Lentils
- 1/4 cup Canned Coconut Milk (full fat)
- 1 cup Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	1308mg
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

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

Additional Toppings: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



French Toast Mug Cake

2 servings

10 minutes

Ingredients

- 2 Egg
- 1/4 cup Oat Milk
- 1/2 tsp Cinnamon
- 1 tbsp Maple Syrup
- 4 slices Whole Grain Bread (cut into small pieces)

Nutrition

Amount per serving	
Calories	333
Fat	9g
Carbs	45g
Fiber	7g
Sugar	12g
Protein	18g
Cholesterol	186mg
Sodium	400mg
Vitamin A	272IU
Vitamin C	0mg
Calcium	173mg
Iron	3mg

Directions

- 1 In a mug whisk the egg and milk together. Stir in the cinnamon and maple syrup.
- 2 Add the bread to the mug and stir to combine with the egg mixture. If the bread isn't saturated with the egg mixture add a splash more milk. Press the bread into an even layer in the bottom of the mug and let it rest for about five minutes so the bread can absorb the egg mixture.
- 3 Microwave for two minutes or until the bread is firm to the touch and just moist on top. Let the mug cake cool slightly then transfer to a plate or a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Gluten-Free: Use gluten-free bread instead.

No Oat Milk: Use another non-dairy or dairy milk instead.

More Flavor: Add vanilla, nutmeg or a pinch of salt.

Additional Toppings: Maple syrup, butter, fresh berries, or chia jam.

Cooking Time: Cooking time may vary depending on microwave.



Peach Cobbler Smoothie

4 servings

5 minutes

Ingredients

3 cups Unsweetened Cashew Milk
4 Peach (pitted)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	256
Fat	8g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	15g
Cholesterol	18mg
Sodium	395mg
Vitamin A	1015IU
Vitamin C	10mg
Calcium	194mg
Iron	1mg

Directions

1

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

Notes

Dairy-Free: Use coconut yogurt instead of cottage cheese.

No Cashew Milk: Use almond, rice, coconut or your choice of alternative milk instead.

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

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

More Protein: Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber: Add ground flax seed.



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 tsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tsps 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.



Spaghetti with Lentil Mushroom Tomato Sauce

2 servings

20 minutes

Ingredients

- 1/2 cup Brown Rice Spaghetti (dry)
- 1/4 cup Water (reserved starchy cooking water)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 cups Oyster Mushrooms
- 1/2 tsp Oregano
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Tomato Paste
- 2 Tomato (medium, diced)
- 1/2 cup Lentils (cooked, rinsed well)
- 1/2 cup Basil Leaves (loosely packed, chopped)

Nutrition

Amount per serving	
Calories	366
Fat	9g
Carbs	62g
Fiber	9g
Sugar	3g
Protein	13g
Cholesterol	0mg
Sodium	65mg
Vitamin A	2381IU
Vitamin C	22mg
Calcium	46mg
Iron	4mg

Directions

- 1 Cook the spaghetti according to the package directions. Reserve some of the starchy cooking water from the pot then drain and rinse the pasta under water to remove the excess starch from the noodles.
- 2 Meanwhile, heat the oil in a pan over medium heat. Add the mushrooms and cook for about five minutes or until browned and softened. Season with the oregano and generously with salt and pepper. Stir in the tomato paste and cook for another minute.
- 3 Add the tomatoes to the pan and stir to combine. Cook for six to eight minutes until the tomatoes have broken down and become sauce-like in consistency. Stir in the lentils and basil and cook for another one to two minutes until the lentils are warmed through. Stir in the reserved cooking water. Season with additional salt and pepper to taste.
- 4 To serve, divide the spaghetti noodles between plates and top with the sauce. Enjoy!

Notes

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

More Flavor: Add fresh onions or garlic, other dried herbs, and spices, nutritional yeast, balsamic vinegar, or red pepper flakes to the sauce.

No Oyster Mushrooms: Use another mushroom instead, like cremini.

Spaghetti: 1/2 cup of dry spaghetti is equal to 128 grams/4.5 ounces.



Squash & Kale Tortellini Soup

2 servings
30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 1 stalk Celery (sliced)
- 1 cup Butternut Squash (peeled, seeds removed, cubed)
- 2 1/4 tps Italian Seasoning
- 4 cups Chicken Broth
- 149 grams Cheese Tortellini
- 1 cup Kale Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	337
Fat	10g
Carbs	49g
Fiber	4g
Sugar	7g
Protein	15g
Cholesterol	41mg
Sodium	2175mg
Vitamin A	8152IU
Vitamin C	25mg
Calcium	211mg
Iron	3mg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions, celery, and squash. Cook, occasionally stirring, until the onions begin to soften, about five to seven minutes.
- 2 Stir in the Italian seasoning and add the broth. Bring to a boil, and then reduce to a simmer. Cook the soup at a low simmer until the vegetables are tender, for about 10 to 12 minutes.
- 3 Add the tortellini and the kale and cook for another three to five minutes, stirring to combine. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add fresh garlic.

Additional Toppings: Parmesan cheese, fresh basil.



Creamy Edamame & Mushroom Pasta

2 servings
25 minutes

Ingredients

- 1/2 cup Brown Rice Macaroni
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1 cup Unsweetened Almond Milk
- 2 tsps Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Arrowroot Powder
- 2 tsps Almond Flour
- 1 tsp Sea Salt
- 1/2 cup Frozen Peas
- 1/2 cup Frozen Edamame
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	330
Fat	15g
Carbs	39g
Fiber	8g
Sugar	4g
Protein	14g
Cholesterol	0mg
Sodium	1320mg
Vitamin A	4018IU
Vitamin C	16mg
Calcium	316mg
Iron	4mg

Directions

- 1 Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
- 3 In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
- 4 Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
- 5 Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage: Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

Likes it Spicy: Add red pepper flakes.



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.



Korean Egg Rice

2 servings
25 minutes

Ingredients

- 2/3 cup Brown Rice (dry)
- 1 tbsp Tamari (divided)
- 1 tsp Avocado Oil
- 2 Egg
- 1 cup Kimchi
- 2 stalks Green Onion (sliced)
- 2 Nori Sheets (small, sliced thin)
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	352
Fat	10g
Carbs	52g
Fiber	5g
Sugar	2g
Protein	14g
Cholesterol	186mg
Sodium	955mg
Vitamin A	1220IU
Vitamin C	5mg
Calcium	91mg
Iron	4mg

Directions

- 1 Cook the rice according to the package directions. Once cooked, add half the tamari, stir to combine, and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the egg(s) and cook until the whites are set and the yolk is cooked to your liking.
- 3 Place the rice in a bowl and top with the egg(s). Add the remaining tamari, kimchi, green onion, nori, and sesame seeds. Enjoy!

Notes

Leftovers: The egg is best eaten right after cooking. Rice can be refrigerated in an airtight container for up to three days.

More Flavor: Add toasted sesame oil to the rice.

Additional Toppings: Sriracha, Korean chili flakes, or furikake.

Make it Vegan: Omit the egg and use tofu.



Tofu Veggie Summer Rolls

1 serving
15 minutes

Ingredients

- 2 1/4 tsps Honey
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Water (hot)
- 1 1/2 tsps Lime Juice
- 2 Rice Paper Wraps
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/4 Red Bell Pepper (medium, sliced)
- 1/8 Cucumber (sliced)
- 170 grams Tofu (extra firm, pressed, sliced)

Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g
Cholesterol	0mg
Sodium	758mg
Vitamin A	1472IU
Vitamin C	67mg
Calcium	513mg
Iron	4mg

Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

No Honey: Use sugar, maple syrup, or your sweetener of choice instead.

Hoisin Lover: Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.