















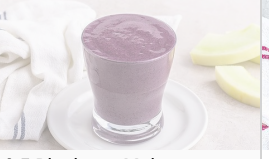
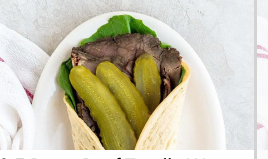



































EXERCISE
with Style

28 Day Balanced 1000 Calorie
Meal Plan PDF (Week 3)

Brenda Peralta, RDN, CDE
<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 0.5 Waffles with Cottage Cheese & Blackberries	 0.5 Waffles with Cottage Cheese & Blackberries	 0.5 Waffles with Cottage Cheese & Blackberries	 0.5 Overnight Vanilla Protein Oats	 0.5 Overnight Vanilla Protein Oats	 0.5 Soba Breakfast Bowl	 0.5 Soba Breakfast Bowl
Lunch	 Chickpea Stir Fry	 Avocado & Tempeh Sandwich	 Quinoa & Roasted Chickpea Rainbow Salad	 Sweet Potato Chili Bowls	 Amatriciana Pasta	 Korean Egg Rice	 Whole Wheat Chickpea Wraps
Snack 2	 0.5 Blueberry Melon Smoothie	 Blueberry Melon Smoothie	 0.5 Blueberry Melon Smoothie	 0.5 Roast Beef Tortilla Wrap	 0.5 Roast Beef Tortilla Wrap	 0.5 Roast Beef Tortilla Wrap	 0.5 Roast Beef Tortilla Wrap
Dinner	 Avocado & Tempeh Sandwich	 Quinoa & Roasted Chickpea Rainbow Salad	 Sweet Potato Chili Bowls	 Amatriciana Pasta	 Korean Egg Rice	 Whole Wheat Chickpea Wraps	 Roasted Veggie Pesto Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  30%	Fat  27%	Fat  29%	Fat  30%	Fat  31%	Fat  34%
Carbs  50%	Carbs  52%	Carbs  53%	Carbs  48%	Carbs  51%	Carbs  51%	Carbs  48%
Protein  18%	Protein  18%	Protein  20%	Protein  23%	Protein  19%	Protein  18%	Protein  18%
Calories 1009	Calories 1158	Calories 1050	Calories 1087	Calories 1083	Calories 1064	Calories 1041
Fat 39g	Fat 41g	Fat 33g	Fat 36g	Fat 36g	Fat 36g	Fat 39g
Carbs 135g	Carbs 160g	Carbs 144g	Carbs 133g	Carbs 138g	Carbs 134g	Carbs 126g
Fiber 33g	Fiber 34g	Fiber 33g	Fiber 27g	Fiber 17g	Fiber 21g	Fiber 28g
Sugar 38g	Sugar 56g	Sugar 43g	Sugar 20g	Sugar 13g	Sugar 12g	Sugar 19g
Protein 49g	Protein 57g	Protein 54g	Protein 62g	Protein 53g	Protein 48g	Protein 46g
Cholesterol 11mg	Cholesterol 13mg	Cholesterol 53mg	Cholesterol 95mg	Cholesterol 239mg	Cholesterol 399mg	Cholesterol 213mg
Sodium 2643mg	Sodium 1506mg	Sodium 1370mg	Sodium 2205mg	Sodium 2464mg	Sodium 2608mg	Sodium 1786mg
Vitamin A 8490IU	Vitamin A 1767IU	Vitamin A 12674IU	Vitamin A 15352IU	Vitamin A 4726IU	Vitamin A 10419IU	Vitamin A 12898IU
Vitamin C 107mg	Vitamin C 83mg	Vitamin C 91mg	Vitamin C 63mg	Vitamin C 30mg	Vitamin C 113mg	Vitamin C 165mg
Calcium 694mg	Calcium 928mg	Calcium 608mg	Calcium 544mg	Calcium 498mg	Calcium 431mg	Calcium 445mg
Iron 10mg	Iron 10mg	Iron 12mg	Iron 13mg	Iron 11mg	Iron 12mg	Iron 11mg

Fruits

- 3/4 Avocado
- 2 cups Blackberries
- 2 tbsps Blueberries
- 1/2 Honeydew Melon
- 1/3 Nectarine
- 1/2 cup Raspberries

Breakfast

- 1 1/2 tsps Almond Butter

Seeds, Nuts & Spices

- 1 1/2 tsps Chia Seeds
- 1/2 tsp Chili Flakes
- 1 1/3 tbsps Chili Powder
- 1/2 tsp Cumin
- 1 tbsp Ground Flax Seed
- 1 1/3 tbsps Pumpkin Seeds
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tbsps Sesame Seeds
- 1/4 tsp Smoked Paprika
- 3/4 tsp Taco Seasoning

Frozen

- 2 Brown Rice Tortilla
- 2 cups Frozen Blueberries
- 177 grams Gluten-Free Waffle

Vegetables

- 3/4 cup Arugula
- 2 1/2 cups Baby Spinach
- 1 1/3 tbsps Basil Leaves
- 2/3 cup Broccoli
- 1 Carrot
- 1/8 head Cauliflower
- 1 1/3 stalks Celery
- 1/3 Cucumber
- 1/8 Eggplant
- 2 Garlic
- 1/4 Green Bell Pepper
- 2 stalks Green Onion
- 3/4 Jalapeno Pepper
- 4 cups Kale Leaves
- 2 cups Mixed Greens
- 1 tbsp Parsley
- 1 Red Bell Pepper
- 2 2/3 tbsps Red Onion
- 4 leaves Romaine
- 1 Sweet Potato
- 3/4 White Onion
- 1/8 Zucchini

Boxed & Canned

- 2/3 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 1 1/2 cups Canned Whole Tomatoes
- 2 1/4 cups Chickpeas
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils
- 1/3 cup Mixed Beans
- 1/3 cup Quinoa
- 1/2 cup Red Kidney Beans
- 113 grams Rigatoni
- 2 tbsps Salsa
- 1 cup Vegetable Broth
- 1/4 cup Whole Wheat Penne

Baking

- 1/2 cup Oats

Bread, Fish, Meat & Cheese

- 150 grams Deli Roast Beef
- 113 grams English Muffin
- 113 grams Extra Lean Ground Turkey
- 71 grams Pancetta
- 3 tbsps Parmigiano Reggiano
- 100 grams Tempeh
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 3/4 tbsps Balsamic Vinegar
- 1/2 tsp Coconut Oil
- 2 1/8 tbsps Extra Virgin Olive Oil
- 1 cup Kimchi
- 1 tbsp Mayonnaise
- 2 2/3 tsps Pesto
- 1 cup Pickle
- 1 1/2 tsps Rice Vinegar
- 1/4 cup Tamari

Cold

- 1 cup Cottage Cheese
- 6 Egg
- 2 cups Plain Coconut Milk
- 2/3 cup Unsweetened Almond Milk
- 2 2/3 tbsps Unsweetened Coconut Yogurt

Other

- 2 Nori Sheets
- 2/3 cup Vanilla Protein Powder
- 1 2/3 cups Water



Waffles with Cottage Cheese & Blackberries

2 servings

5 minutes

Ingredients

177 grams Gluten-Free Waffle (toasted)
1 cup Cottage Cheese
2 cups Blackberries

Nutrition

Amount per serving	
Calories	398
Fat	13g
Carbs	56g
Fiber	9g
Sugar	11g
Protein	16g
Cholesterol	18mg
Sodium	780mg
Vitamin A	458IU
Vitamin C	30mg
Calcium	164mg
Iron	2mg

Directions

- 1 Serve the toasted waffles alongside the cottage cheese and blackberries. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

More Flavor: Add cinnamon, honey, or maple syrup.

Gluten-Free Waffle: One gluten-free waffle is roughly 1 2/3 ounces or 45 grams.



Overnight Vanilla Protein Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats (quick or traditional)
- 1 1/2 tsps Chia Seeds
- 2/3 cup Unsweetened Almond Milk
- 2 tsps Vanilla Protein Powder
- 2 tsps Raspberries
- 2 tsps Blueberries
- 1 1/2 tsps 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.



Soba Breakfast Bowl

2 servings
15 minutes

Ingredients

100 grams Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
4 cups Kale Leaves (stems removed,
roughly chopped)
1/4 cup Water
1 tbsp 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.



Chickpea Stir Fry

1 serving
25 minutes

Ingredients

- 2 tsps Avocado Oil
- 2/3 cup Chickpeas (cooked and rinsed)
- 2/3 Carrot (peeled, chopped)
- 2 2/3 tsps Red Onion (chopped)
- 2/3 stalk Celery (chopped)
- 2/3 cup Broccoli (florets, chopped)
- 1/3 cup Water
- 1 1/3 tsps Tamari
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	345
Fat	14g
Carbs	43g
Fiber	12g
Sugar	10g
Protein	15g
Cholesterol	0mg
Sodium	1421mg
Vitamin A	7322IU
Vitamin C	61mg
Calcium	154mg
Iron	5mg

Directions

- 1 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 2 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 3 Divide between plates, sprinkle sesame seeds on top, and enjoy!

Notes

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

More Flavor: Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.



Blueberry Melon Smoothie

2 servings

2 minutes

Ingredients

- 2 cups Frozen Blueberries
- 1/2 Honeydew Melon (small, peeled, seeds removed, and chopped)
- 2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Ground Flax Seed
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	351
Fat	8g
Carbs	51g
Fiber	8g
Sugar	40g
Protein	22g
Cholesterol	4mg
Sodium	120mg
Vitamin A	696IU
Vitamin C	49mg
Calcium	597mg
Iron	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Protein Powder: Omit or use a few tablespoons of hemp seeds instead.

Melon: 1/4 small honeydew melon is approximately equal to one cup.



Roast Beef Tortilla Wrap

2 servings

5 minutes

Ingredients

- 2 Brown Rice Tortilla
- 1 tbsp Mayonnaise (or more to taste)
- 4 leaves Romaine
- 150 grams Deli Roast Beef (sliced)
- 1 cup Pickle (sliced)

Nutrition

Amount per serving	
Calories	314
Fat	11g
Carbs	31g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	54mg
Sodium	1203mg
Vitamin A	5035IU
Vitamin C	3mg
Calcium	23mg
Iron	3mg

Directions

- 1 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, assemble wrap just before serving.

Additional Toppings: Add mustard, prepared horseradish, or cheese.

More Veggies: Add cucumber, bell pepper, or tomato.

No Deli Roast Beef: Use another deli meat or sliced chicken or turkey instead.

No Brown Rice Tortilla: Use wheat tortillas instead.



Avocado & Tempeh Sandwich

2 servings
40 minutes

Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 100 grams Tempeh (cut into thin slices)
- 1/2 Avocado (sliced)
- 113 grams English Muffin (halved, lightly toasted)
- 3/4 cup Arugula

Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	38g
Fiber	12g
Sugar	2g
Protein	15g
Cholesterol	0mg
Sodium	772mg
Vitamin A	591IU
Vitamin C	6mg
Calcium	159mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, and salt and pepper. Add the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Layer the avocado on the english muffin, followed by the tempeh and arugula. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Gluten-Free: Use a gluten-free English muffin or bread instead.

Additional Toppings: Hot sauce, butter, ghee, almond butter, or peanut butter.

No Arugula: Use mixed greens, iceberg lettuce, romaine lettuce, or baby spinach instead.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Quinoa & Roasted Chickpea Rainbow Salad

2 servings
30 minutes

Ingredients

- 2/3 cup Chickpeas (cooked)
- 1/2 tsp Coconut Oil (melted)
- 1/8 tsp Sea Salt
- 1/3 cup Quinoa (dry)
- 1/2 cup Water
- 2 tsps Extra Virgin Olive Oil
- 1 1/3 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 2 cups Mixed Greens
- 1/3 Cucumber (diced)
- 1/3 Nectarine (pitted and thinly sliced)
- 1/3 cup Raspberries
- 1 1/3 tbsps Pumpkin Seeds
- 1 1/3 tbsps Basil Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	319
Fat	12g
Carbs	43g
Fiber	9g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	224mg
Vitamin A	251IU
Vitamin C	13mg
Calcium	90mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
- 3 While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
- 4 Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
- 5 Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

Notes

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

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

No Nectarine: Use sliced pear, plum, apple or peach instead.



Sweet Potato Chili Bowls

2 servings

2 hours

Ingredients

113 grams Extra Lean Ground Turkey
1/4 White Onion (chopped)
2 Garlic (cloves, minced)
1/4 Green Bell Pepper (chopped)
1 tbsp Parsley (diced)
3/4 Jalapeno Pepper (de-seeded and chopped)
3/4 stalk Celery (diced)
3/4 cup Diced Tomatoes
1 1/4 tbsps Chili Powder
1/2 tsp Cumin
1 cup Vegetable Broth
1/2 cup Red Kidney Beans (cooked, drained and rinsed)
1/2 cup Green Lentils (cooked, drained and rinsed)
1 Sweet Potato (optional)
1/4 Avocado (peeled and diced)
2 tbsps Salsa

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	47g
Fiber	15g
Sugar	9g
Protein	23g
Cholesterol	42mg
Sodium	696mg

Directions

- 1 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 2 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 3 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 4 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 5 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 6 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

Vitamin A	11846IU
Vitamin C	38mg
Calcium	137mg
Iron	6mg



Amatriciana Pasta

2 servings

25 minutes

Ingredients

113 grams Rigatoni (uncooked)
1/2 cup Water (reserved from cooking pasta)
71 grams Pancetta (thick slices, cubed)
1/2 White Onion (small, chopped)
1/2 tsp Chili Flakes
1 1/2 cups Canned Whole Tomatoes (with juices)
3 tbsps Parmigiano Reggiano (finely grated, divided)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	52g
Fiber	5g
Sugar	7g
Protein	19g
Cholesterol	25mg
Sodium	845mg
Vitamin A	825IU
Vitamin C	20mg
Calcium	180mg
Iron	4mg

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, cook the pancetta in a large non-stick pan over medium heat for two to three minutes. Add the onion to the pan and cook for another two to three minutes or until onions are soft.
- 3 Add chili flakes and tomatoes to the pan. Crush the tomatoes as they cook. Simmer for about seven to 10 minutes.
- 4 Slowly add the pasta water a few tablespoons at a time along with 2/3 of the parmesan cheese. Stir well and season with salt. Add more pasta water as needed. Stir well and season with salt.
- 5 Divide the pasta evenly between plates and top with the remaining parmesan cheese. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/3 cup.

Gluten-Free: Use gluten-free pasta instead.

Dairy-Free: Use dairy-free cheese instead.



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.



Whole Wheat Chickpea Wraps

2 servings

15 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 cup Chickpeas (cooked, rinsed and pat dry)
1 Red Bell Pepper (medium, chopped)
3/4 tsp Taco Seasoning
2 1/4 tsps Tamari
2 1/2 cups Baby Spinach
2 Whole Wheat Tortilla (large)
2 2/3 tbsps Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	346
Fat	14g
Carbs	46g
Fiber	12g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	767mg
Vitamin A	5401IU
Vitamin C	87mg
Calcium	223mg
Iron	5mg

Directions

- 1 Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
- 2 Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
- 3 Divide the chickpea mixture into tortillas and dollop on coconut yogurt. Enjoy!

Notes

Leftovers: Store leftover mixture in an airtight container in the fridge for up to three days.

Serving Size: One serving is one large wrap.

Gluten-Free: Use a Gluten-Free wrap.

No Coconut Yogurt: Omit, or use sour cream or regular yogurt.



Roasted Veggie Pesto Pasta

1 serving
30 minutes

Ingredients

1/8 head Cauliflower (small, chopped into florets)
1/8 Eggplant (medium, chopped)
1/3 Carrot (medium, chopped)
1/8 Zucchini (medium, chopped)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Whole Wheat Penne (dry)
1/3 cup Mixed Beans (cooked, rinsed)
2 2/3 tsps 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.