

















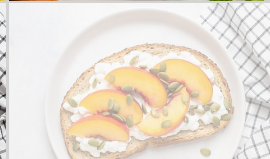
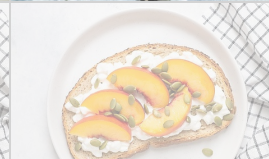
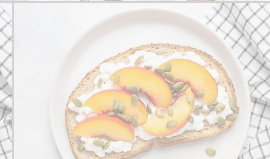



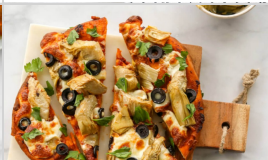




























EXERCISE
with Style

28 Day Balanced 1000 Calorie
Meal Plan PDF (Week 4)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 0.5 Loaded Tostadas	 0.5 Loaded Tostadas	 0.5 Loaded Tostadas	 0.5 Savory Arugula & Olive Oatmeal	 0.5 Savory Arugula & Olive Oatmeal	 0.5 Mixed Berry Protein Porridge	 0.5 Mixed Berry Protein Porridge
Lunch	 Marinated Mixed Bean Salad	 Caprese Mason Jar Salad	 Swiss Chard, Lentil & Rice Bowl	 Pineapple Chicken Tacos	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Squash & Kale Tortellini Soup	 Buffalo Chickpea Wraps
Snack 2	 0.5 Mango Lime Smoothie	 0.5 Mango Lime Smoothie	 0.5 Mango Lime Smoothie	 0.5 Peach & Cottage Cheese Toast	 0.5 Peach & Cottage Cheese Toast	 0.5 Peach & Cottage Cheese Toast	 Peach & Cottage Cheese Toast
Dinner	 Caprese Mason Jar Salad	 Swiss Chard, Lentil & Rice Bowl	 Pineapple Chicken Tacos	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza	 Squash & Kale Tortellini Soup	 Buffalo Chickpea Wraps	 Sweet Potato & Black Bean Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  29%	Fat  32%	Fat  32%	Fat  32%	Fat  34%
Carbs  48%	Carbs  49%	Carbs  51%	Carbs  46%	Carbs  48%	Carbs  50%	Carbs  47%
Protein  19%	Protein  18%	Protein  20%	Protein  22%	Protein  20%	Protein  18%	Protein  19%
Calories 1084	Calories 1028	Calories 1045	Calories 1107	Calories 1075	Calories 1002	Calories 1128
Fat 41g	Fat 38g	Fat 34g	Fat 39g	Fat 38g	Fat 36g	Fat 44g
Carbs 132g	Carbs 128g	Carbs 137g	Carbs 127g	Carbs 131g	Carbs 130g	Carbs 137g
Fiber 27g	Fiber 24g	Fiber 26g	Fiber 19g	Fiber 16g	Fiber 24g	Fiber 36g
Sugar 29g	Sugar 29g	Sugar 32g	Sugar 20g	Sugar 19g	Sugar 28g	Sugar 31g
Protein 51g	Protein 47g	Protein 54g	Protein 61g	Protein 53g	Protein 47g	Protein 55g
Cholesterol 43mg	Cholesterol 43mg	Cholesterol 75mg	Cholesterol 200mg	Cholesterol 179mg	Cholesterol 47mg	Cholesterol 12mg
Sodium 645mg	Sodium 798mg	Sodium 980mg	Sodium 1651mg	Sodium 3527mg	Sodium 3542mg	Sodium 1630mg
Vitamin A 6928IU	Vitamin A 11283IU	Vitamin A 6662IU	Vitamin A 1786IU	Vitamin A 9697IU	Vitamin A 8991IU	Vitamin A 12314IU
Vitamin C 114mg	Vitamin C 124mg	Vitamin C 139mg	Vitamin C 54mg	Vitamin C 40mg	Vitamin C 53mg	Vitamin C 65mg
Calcium 968mg	Calcium 955mg	Calcium 939mg	Calcium 658mg	Calcium 631mg	Calcium 661mg	Calcium 667mg
Iron 12mg	Iron 12mg	Iron 11mg	Iron 12mg	Iron 12mg	Iron 10mg	Iron 14mg

Fruits

- 1/2 Avocado
- 1/3 Lemon
- 2 1/2 Lime
- 1 Peach
- 2/3 cup Pineapple

Breakfast

- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 2 1/8 tsps Cinnamon
- 3/4 tsp Cumin
- 1 tbsp Italian Seasoning
- 2/3 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Taco Seasoning

Frozen

- 2 cups Frozen Berries
- 2 cups Frozen Cauliflower
- 2 cups Frozen Mango

Vegetables

- 1 1/2 cups Arugula
- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 1 cup Butternut Squash
- 1 stalk Celery
- 1 1/2 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1 1/4 Garlic
- 1/2 cup Green Beans
- 2 stalks Green Onion
- 1/3 head Iceberg Lettuce
- 1/2 Jalapeno Pepper
- 1 cup Kale Leaves
- 1 cup Microgreens
- 1/3 cup Parsley
- 1/2 cup Red Onion
- 1/2 Sweet Potato
- 4 cups Swiss Chard
- 3/4 Yellow Onion

Boxed & Canned

- 1/2 cup Black Beans
- 1/4 cup Brown Rice
- 4 cups Chicken Broth
- 1 cup Chickpeas
- 1 cup Lentils
- 1 cup Mixed Beans
- 1/2 cup Quinoa
- 1/2 can Refried Beans
- 1/4 cup Salsa

Baking

- 1 tbsp Nutritional Yeast
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 170 grams Chicken Breast
- 8 Corn Tortilla
- 1/4 cup Feta Cheese
- 85 grams Mozzarella Cheese
- 2 pieces Naan
- 85 grams Small Bocconcini
- 2 slices Whole Grain Bread
- 2 1/16 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/2 cup Artichoke Hearts
- 1 1/2 tbsps Balsamic Vinegar
- 1/4 cup Black Olives
- 1 1/2 tsps Coconut Oil
- 3 1/3 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Hot Sauce
- 2 tbsps Pitted Kalamata Olives
- 2 tbsps Sun Dried Tomato Pesto
- 1 1/16 tbsps Tahini
- 2 1/16 tbsps Vegan Ranch Dressing

Cold

- 149 grams Cheese Tortellini
- 2/3 cup Cottage Cheese
- 1 Egg
- 1 cup Egg Whites
- 1/4 cup Guacamole
- 3 cups Plain Coconut Milk
- 1/4 cup Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

Other

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



Loaded Tostadas

2 servings
15 minutes

Ingredients

- 4 Corn Tortilla
- 1/2 can Refried Beans
- 1/4 cup Feta Cheese (crumbled)
- 1/4 cup Salsa
- 1/4 cup Guacamole
- 1/4 cup Plain Greek Yogurt
- 2 stalks Green Onion (sliced)
- 1 cup Microgreens

Nutrition

Amount per serving	
Calories	385
Fat	12g
Carbs	54g
Fiber	10g
Sugar	5g
Protein	15g
Cholesterol	21mg
Sodium	916mg
Vitamin A	865IU
Vitamin C	24mg
Calcium	417mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Lay the tortillas on the prepared baking sheet. Divide the beans equally among the tortillas.
- 3 Top each tortilla with equal parts of the crumbled feta cheese and bake for 10 minutes.
- 4 Remove from the oven. Top with the salsa, guacamole, and yogurt. Add green onions and microgreens. Enjoy!

Notes

Leftovers: This recipe is best enjoyed fresh but can be refrigerated in an airtight container for up to two days.

Serving Size: One serving is equal to two tostadas. A 1/4 can of refried beans is approximately 1/2 cup.

Make it Vegan: Omit or swap the feta and the yogurt for vegan cheese and yogurt of your choice.

More Flavor: Add scrambled eggs and vegetables like bell peppers and fresh tomatoes.

Additional Toppings: Chopped cilantro, lime juice.

Dairy-Free: Omit the yogurt and cheese or swap for dairy-free option.



Savory Arugula & Olive Oatmeal

1 serving
15 minutes

Ingredients

- 1/2 cup Oats (rolled)
- 1 cup Water
- 1 tbsp Nutritional Yeast
- 1/4 tsp Extra Virgin Olive Oil
- 1 Egg
- 1 1/2 cups Arugula
- 2 tbsps Pitted Kalamata Olives
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	296
Fat	11g
Carbs	33g
Fiber	7g
Sugar	1g
Protein	18g
Cholesterol	186mg
Sodium	235mg
Vitamin A	1037IU
Vitamin C	5mg
Calcium	141mg
Iron	5mg

Directions

- 1 Add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the nutritional yeast and stir.
- 2 Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.
- 3 Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

Notes

Leftovers: The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

More Flavor: Add onions, chili flakes or garlic powder.

Additional Toppings: Add sliced avocado.

Make it Vegan: Omit the egg and top with scrambled tofu instead.



Mixed Berry Protein Porridge

2 servings
15 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



Marinated Mixed Bean Salad

1 serving
15 minutes

Ingredients

1/2 cup Green Beans (fresh or frozen)
1 cup Mixed Beans (cooked)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Apple Cider Vinegar
3/4 tsp Italian Seasoning
1/4 Garlic (clove, minced)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	365
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	6mg
Vitamin A	346IU
Vitamin C	13mg
Calcium	83mg
Iron	5mg

Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans: Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers: Keeps well covered in the fridge up to 4 to 5 days.



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.



Peach & Cottage Cheese Toast

2 servings

5 minutes

Ingredients

- 2/3 cup Cottage Cheese
- 2 slices Whole Grain Bread (toasted)
- 1 Peach (medium, pitted, sliced)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	297
Fat	13g
Carbs	29g
Fiber	5g
Sugar	11g
Protein	19g
Cholesterol	12mg
Sodium	379mg
Vitamin A	345IU
Vitamin C	5mg
Calcium	112mg
Iron	3mg

Directions

- 1 Spread the cottage cheese over the toast. Top with peach slices and pumpkin seeds. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate components in separate containers for up to three days.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

Additional Toppings: Top with honey, raisins, sliced almonds, hemp seeds, or chia seeds.



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.



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.



Pineapple Chicken Tacos

2 servings
30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Artichoke, Olive & Sun Dried Tomato Pesto Pizza

2 servings
20 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Sun Dried Tomato Pesto
- 85 grams Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 1/4 cup Black Olives (pitted, sliced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	441
Fat	16g
Carbs	51g
Fiber	6g
Sugar	6g
Protein	19g
Cholesterol	39mg
Sodium	1045mg
Vitamin A	854IU
Vitamin C	10mg
Calcium	293mg
Iron	5mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
- 3 Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

Notes

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

More Flavor: Add mushrooms and bell peppers.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese instead.

No Sun Dried Tomato Pesto: Use regular pesto or tomato sauce instead.

Naan: One piece of naan is 3.2 oz or 90 grams.



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.



Buffalo Chickpea Wraps

2 servings
25 minutes

Ingredients

- 1 cup Chickpeas (cooked, drained)
- 2 2/3 tbsps Hot Sauce (divided)
- 1/8 tsp Sea Salt
- 1/3 head Iceberg Lettuce (small, chopped)
- 2 2/3 tbsps Red Onion (small, sliced)
- 2 tbsps Vegan Ranch Dressing
- 2 Whole Wheat Tortilla (small)

Nutrition

Amount per serving	
Calories	344
Fat	13g
Carbs	46g
Fiber	12g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	1015mg
Vitamin A	475IU
Vitamin C	5mg
Calcium	162mg
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 chickpeas and half of the hot sauce. Mix to combine.
- 3 Spread the chickpeas out on the baking sheet and bake for 13 to 15 minutes.
- 4 While the chickpeas are in the oven, in a bowl, combine the lettuce, onions, and ranch dressing.
- 5 Remove the chickpeas from the oven and place them back into the first bowl that was used for mixing. Add the remaining hot sauce and sea salt and mix to combine.
- 6 To assemble, place the tortillas on plates and top evenly with the lettuce mix and chickpeas. Wrap and enjoy!

Notes

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

Gluten-Free: Use gluten-free tortillas.

More Flavor: Add more hot sauce or ranch dressing.



Sweet Potato & Black Bean Salad

1 serving
25 minutes

Ingredients

- 1/2 Sweet Potato (diced into 1/2 inch cubes)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Cumin
- 1/8 tsp Cinnamon
- 1/8 tsp Paprika
- 1 tbsp Tahini
- 1/8 Lemon (juiced)
- 1/2 Garlic (cloves, minced)
- 1 1/2 tsps Unsweetened Almond Milk
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	315
Fat	12g
Carbs	42g
Fiber	13g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	73mg
Vitamin A	11303IU
Vitamin C	35mg
Calcium	161mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 3 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 4 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

Notes

No Black Beans: Use lentils, chickpeas or quinoa instead.

No Tahini: Use hummus instead.

Storage: Refrigerate in air-tight container up to 3-5 days.