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*with Style*

28 Day Balanced 1100 Calorie  
Meal Plan PDF (Week 2)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Fig, Goat Cheese & Prosciutto Toast	 Fig, Goat Cheese & Prosciutto Toast	 Fig, Goat Cheese & Prosciutto Toast	 Bagel with Ghee	 Bagel with Ghee	 Savory Steel Cut Oats with Beef Broth	 Savory Steel Cut Oats with Beef Broth
Lunch	 Freezer Veggie Breakfast Burritos	 Sun Dried Tomato Pesto Pasta	 Tuna Noodle Casserole	 Marinated Veggie Salad	 Crispy Ground Tofu on Rice	 Roasted Broccoli Quinoa Salad	 Falafel Tahini Salad
Snack 2	 Mango Lime Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie	 0.5 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel	 0.5 Sardine & Cream Cheese Bagel	 0.5 Sardine & Cream Cheese Bagel
Dinner	 0.5 Sun Dried Tomato Pesto Pasta	 0.5 Tuna Noodle Casserole	 0.5 Marinated Veggie Salad	 Crispy Ground Tofu on Rice	 0.5 Roasted Broccoli Quinoa Salad	 Falafel Tahini Salad	 Creamy Edamame & Mushroom Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  24%	Fat  26%	Fat  30%	Fat  31%	Fat  34%	Fat  36%
Carbs  51%	Carbs  53%	Carbs  53%	Carbs  53%	Carbs  52%	Carbs  45%	Carbs  44%
Protein  22%	Protein  23%	Protein  21%	Protein  17%	Protein  17%	Protein  21%	Protein  20%
Calories 1157	Calories 1187	Calories 1199	Calories 1084	Calories 1154	Calories 1115	Calories 1094
Fat 36g	Fat 33g	Fat 36g	Fat 37g	Fat 40g	Fat 44g	Fat 46g
Carbs 151g	Carbs 162g	Carbs 161g	Carbs 148g	Carbs 153g	Carbs 130g	Carbs 126g
Fiber 23g	Fiber 27g	Fiber 25g	Fiber 18g	Fiber 12g	Fiber 30g	Fiber 30g
Sugar 64g	Sugar 65g	Sugar 64g	Sugar 20g	Sugar 18g	Sugar 13g	Sugar 12g
Protein 64g	Protein 70g	Protein 63g	Protein 47g	Protein 51g	Protein 62g	Protein 56g
Cholesterol 266mg	Cholesterol 54mg	Cholesterol 52mg	Cholesterol 57mg	Cholesterol 87mg	Cholesterol 221mg	Cholesterol 213mg
Sodium 1891mg	Sodium 1899mg	Sodium 2152mg	Sodium 1664mg	Sodium 1991mg	Sodium 2505mg	Sodium 3026mg
Vitamin A 8256IU	Vitamin A 4322IU	Vitamin A 5196IU	Vitamin A 3577IU	Vitamin A 987IU	Vitamin A 2779IU	Vitamin A 5899IU
Vitamin C 189mg	Vitamin C 143mg	Vitamin C 207mg	Vitamin C 138mg	Vitamin C 68mg	Vitamin C 154mg	Vitamin C 36mg
Calcium 1033mg	Calcium 1117mg	Calcium 1043mg	Calcium 612mg	Calcium 805mg	Calcium 735mg	Calcium 663mg
Iron 11mg	Iron 12mg	Iron 8mg	Iron 13mg	Iron 13mg	Iron 18mg	Iron 17mg

**Fruits**

- 6 Fig
- 3 tbsps Lemon Juice
- 3 Lime

**Breakfast**

- 1/2 cup Steel Cut Oats

**Seeds, Nuts & Spices**

- 1/4 tsp Cayenne Pepper
- 2/3 tsp Chili Powder
- 3/4 tsp Cumin
- 1 tsp Garlic Powder
- 2 tpsps Greek Seasoning
- 2 tbsps Hemp Seeds
- 1 tsp Onion Powder
- 1 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

**Frozen**

- 1 Brown Rice Tortilla
- 3 cups Frozen Cauliflower
- 1/4 cup Frozen Edamame
- 3 cups Frozen Mango
- 2/3 cup Frozen Peas

**Vegetables**

- 2 1/2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 4 cups Broccoli
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/4 Cucumber
- 1 1/2 tbsps Fresh Dill
- 1/2 Garlic
- 1/4 Green Bell Pepper
- 1/2 cup Matchstick Carrots
- 4 cups Mixed Greens
- 1 2/3 cups Mushrooms
- 1/4 Red Bell Pepper
- 3/4 cup Red Onion
- 1 1/2 tbsps Shallot
- 1/4 Sweet Potato
- 1/2 Yellow Bell Pepper

**Boxed & Canned**

- 1 1/2 cups Beef Broth
- 2/3 cup Brown Rice Fusilli
- 1/4 cup Brown Rice Macaroni
- 1/3 cup Canned Coconut Milk
- 142 grams Chickpea Pasta
- 1 1/3 cups Green Lentils
- 1/2 cup Jasmine Rice
- 1 cup Lentils
- 1/2 cup Quinoa
- 83 grams Sardines
- 1/2 can Tuna

**Baking**

- 1 tbsp Almond Flour
- 1/4 tsp Arrowroot Powder
- 1 1/2 tbsps Nutritional Yeast
- 2 2/3 tpsps Tapioca Flour

**Bread, Fish, Meat & Cheese**

- 2 Bagel
- 3 tbsps Cream Cheese, Regular
- 2 tbsps Feta Cheese
- 1/3 cup Goat Cheese
- 2 tbsps Parmigiano Reggiano
- 128 grams Prosciutto
- 149 grams Sourdough Bread
- 345 grams Tofu
- 1 1/2 Whole Wheat Bagel

**Condiments & Oils**

- 2 1/2 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 1/2 tbsps Capers
- 2/3 tsp Dijon Mustard
- 2 1/3 tbsps Extra Virgin Olive Oil
- 14 grams Pickled Red Onions
- 3/4 tsp Rice Vinegar
- 1/2 cup Sauerkraut
- 2 tbsps Sun Dried Tomato Pesto
- 3 tbsps Tahini
- 1 tbsp Tamari

**Cold**

- 3 1/4 Egg
- 2 tbsps Ghee
- 4 1/2 cups Plain Coconut Milk
- 1 cup Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt

**Other**

- 1/2 cup Sweet Potato Chips
- 3/4 cup Vanilla Protein Powder
- 1/2 cup Water



## Fig, Goat Cheese & Prosciutto Toast

3 servings

5 minutes

### Ingredients

1/3 cup Goat Cheese  
149 grams Sourdough Bread (toasted)  
6 Fig (sliced)  
128 grams Prosciutto (thinly sliced, torn into bite sized pieces)

### Nutrition

Amount per serving	
Calories	324
Fat	9g
Carbs	44g
Fiber	4g
Sugar	17g
Protein	18g
Cholesterol	35mg
Sodium	1094mg
Vitamin A	142IU
Vitamin C	3mg
Calcium	45mg
Iron	2mg

### Directions

- 1 Spread the goat cheese over the sourdough bread. Top with figs and prosciutto. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is equal to one slice of toast.

**More Flavor:** Add chili flakes, honey, and/or extra virgin olive oil.

**Gluten-Free:** Use gluten-free bread instead.

**Dairy-Free:** Use dairy-free cheese. Omit the cheese and use hummus instead.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Bagel with Ghee

2 servings

5 minutes

### Ingredients

- 2 tbsps Ghee
- 2 Bagel (plain, sliced in half, toasted)

### Nutrition

Amount per serving	
Calories	387
Fat	13g
Carbs	55g
Fiber	2g
Sugar	9g
Protein	11g
Cholesterol	30mg
Sodium	513mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	230mg
Iron	4mg

### Directions

- 1 Spread the ghee onto each side of the bagel and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Make it Vegan:** Use a dairy-free alternative to ghee.

**Additional Toppings:** Top with a slice of cheddar cheese.

**Gluten-Free:** Use a gluten-free bagel.



## Savory Steel Cut Oats with Beef Broth

2 servings  
25 minutes

### Ingredients

- 2 Egg (large)
- 1/2 cup Steel Cut Oats
- 1 1/2 cups Beef Broth
- 1 cup Baby Spinach
- 14 grams Pickled Red Onions
- 2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	312
Fat	14g
Carbs	34g
Fiber	5g
Sugar	2g
Protein	16g
Cholesterol	186mg
Sodium	544mg
Vitamin A	1678IU
Vitamin C	4mg
Calcium	69mg
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 slice.
- 2 Meanwhile, add the steel cut oats and beef broth to a small pot over medium-low heat and bring to a low simmer, stirring as needed. Cook for 13 to 15 minutes. Remove from heat.
- 3 Divide the oats between bowls and top with the hard-boiled egg(s), spinach, pickled onions, and hemp seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days. Store the eggs with their shell on and peel just before serving.

**Serving Size:** One serving is 1/2 cup of oats with eggs and toppings.

**Make it Vegan:** Use vegetable broth instead of beef broth and omit the egg.

**More Flavor:** Sauté the spinach before adding to the oats. Add sautéed mushrooms and/or cheese.



## Freezer Veggie Breakfast Burritos

1 serving  
30 minutes

### Ingredients

- 1 1/4 tps Extra Virgin Olive Oil (divided)
- 1/2 Garlic (cloves, minced)
- 1 2/3 tbsps Red Onion (large, diced)
- 1/4 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 1/4 Red Bell Pepper (diced)
- 1/4 Green Bell Pepper (diced)
- 1/3 tsp Cumin
- 1/8 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1 1/4 Egg (large, whisked)
- 1 Brown Rice Tortilla (11 inches)

### Nutrition

Amount per serving	
Calories	329
Fat	14g
Carbs	38g
Fiber	5g
Sugar	7g
Protein	12g
Cholesterol	223mg
Sodium	521mg
Vitamin A	4973IU
Vitamin C	52mg
Calcium	59mg
Iron	3mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 2 In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 3 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 4 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 5 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

### Notes

**Reheating in the Oven:** Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

**Reheating in the Microwave:** Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

**Make it Spicy:** Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

**Serve it With:** Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

**No Brown Rice Tortillas:** Use corn or whole wheat tortillas instead.





## Mango Lime Smoothie

3 servings

5 minutes

### Ingredients

3 cups Frozen Mango  
3 cups Frozen Cauliflower  
3 Lime (large, zest and juice)  
3/4 cup Vanilla Protein Powder  
4 1/2 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.



## Sardine & Cream Cheese Bagel

3 servings

10 minutes

### Ingredients

3 tbsps Cream Cheese, Regular  
1 1/2 Whole Wheat Bagel (lightly  
toasted)  
83 grams Sardines (drained)  
1 1/2 tbsps Shallot (thinly chopped)  
1 1/2 tbsps Capers (drained, chopped)  
1 1/2 tbsps Fresh Dill (chopped finely)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	270
Fat	8g
Carbs	34g
Fiber	3g
Sugar	5g
Protein	15g
Cholesterol	53mg
Sodium	539mg
Vitamin A	57IU
Vitamin C	1mg
Calcium	133mg
Iron	3mg

### Directions

- 1 Spread the cream cheese onto the bagel. Top with the sardines, shallots, capers, and dill. Season with salt and pepper, to taste. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to half a bagel.

**No Shallots:** Use chives, green onions, or pickled onions instead.

**No Sardines:** Use smoked salmon, smoked oysters, or mackerel instead.

**Gluten-Free:** Use a gluten-free bagel

**Dairy-Free:** Use dairy-free cream cheese.



## Sun Dried Tomato Pesto Pasta

2 servings  
20 minutes

### Ingredients

- 142 grams Chickpea Pasta (dry)
- 1/3 cup Water (reserved pasta water)
- 2 tbsps Sun Dried Tomato Pesto
- 1/2 cup Cherry Tomatoes (cut in half)
- 1/2 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1 tsp Basil Leaves
- 2 tbsps Parmigiano Reggiano (shaved)

### Nutrition

Amount per serving	
Calories	312
Fat	8g
Carbs	44g
Fiber	11g
Sugar	8g
Protein	21g
Cholesterol	8mg
Sodium	298mg
Vitamin A	1133IU
Vitamin C	7mg
Calcium	167mg
Iron	7mg

### Directions

- 1 Cook the pasta according to the package instructions. Reserve the pasta water and drain.
- 2 In a pan over medium heat add the pesto, tomatoes, pasta, and some of the pasta water. Toss and cook for about five minutes, add more pasta water if necessary.
- 3 Add the spinach and cook for another minute. Add salt and pepper and adjust the seasoning to your taste.
- 4 Divide the pasta between serving plates. Top with basil and parmesan. Enjoy!

### Notes

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

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

**Make it Vegan:** Omit cheese or use a plant based cheese instead.

**More Flavor:** Add garlic and chili flakes.

**No Chickpea Pasta:** Use pasta of choice.



## Tuna Noodle Casserole

2 servings  
45 minutes

### Ingredients

- 2/3 cup Brown Rice Fusilli (dry)
- 2/3 cup Mushrooms (sliced)
- 1/2 cup Frozen Peas
- 1/3 cup Canned Coconut Milk (full fat)
- 1/2 cup Unsweetened Almond Milk
- 1 1/3 tsps Nutritional Yeast
- 2/3 tsp Dijon Mustard
- 1/2 tsp Sea Salt
- 2 2/3 tsps Tapioca Flour
- 1/2 can Tuna (drained)
- 1/2 cup Sweet Potato Chips (crushed)

### Nutrition

Amount per serving	
Calories	406
Fat	14g
Carbs	53g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	13mg
Sodium	760mg
Vitamin A	946IU
Vitamin C	5mg
Calcium	119mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Prepare pasta according to the directions on the package, making sure to slightly undercook. Strain and run cold water over the pasta.
- 3 In a large saucepan over medium-high heat, add mushrooms, peas, coconut milk, almond milk, nutritional yeast, mustard and salt. Once boiling, reduce heat to a simmer.
- 4 Whisk in tapioca flour. Continue simmering until the sauce thickens, about 10 minutes.
- 5 Add tuna and cooked pasta to the sauce and mix well. Transfer to a baking dish and sprinkle crushed chips overtop. Bake on the lowest rack for 20 minutes. Let cool before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. The sauce can also be stored separately in the freezer for future use. Add a splash of almond milk, water or broth when reheating.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**No Tuna:** Use edamame, chicken or chickpeas instead.

**No Tapioca Flour:** Use arrowroot powder or cornstarch instead.



## Marinated Veggie Salad

2 servings  
20 minutes

### Ingredients

- 2 tbsps Apple Cider Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Cayenne Pepper
- 1 cup Broccoli (chopped into small florets)
- 1/4 Cucumber (diced)
- 1/2 cup Matchstick Carrots
- 1/2 Yellow Bell Pepper (finely sliced)
- 2 tbsps Red Onion (finely sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/2 cup Mushrooms (sliced)
- 1 cup Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	34g
Fiber	11g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	342mg
Vitamin A	3067IU
Vitamin C	137mg
Calcium	67mg
Iron	4mg

### Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

### Notes

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

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

**Mix It Up:** Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

**No Lentils:** Serve with chickpeas, tofu, or tempeh.

**Cheese Lover:** Add plant-based feta cheese.



## Crispy Ground Tofu on Rice

2 servings  
25 minutes

### Ingredients

- 1 tbsp Tamari
- 1 tbsp Avocado Oil
- 3/4 tsp Rice Vinegar
- 1/2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- 1/2 tsp Chili Powder
- 1 tbsp Nutritional Yeast
- 170 grams Tofu (extra firm, pressed, crumbled)
- 1/2 cup Jasmine Rice (dry, uncooked)

### Nutrition

Amount per serving	
Calories	321
Fat	12g
Carbs	42g
Fiber	3g
Sugar	1g
Protein	15g
Cholesterol	0mg
Sodium	539mg
Vitamin A	481IU
Vitamin C	0mg
Calcium	248mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a sheet pan with oil.
- 2 In a large bowl, whisk together the tamari, oil, rice vinegar, garlic powder, smoked paprika, chili powder, and nutritional yeast. Add in the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Divide the rice onto plates and top with the tofu mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/3 cup rice and tofu.



## Roasted Broccoli Quinoa Salad

2 servings

35 minutes

### Ingredients

175 grams Tofu (extra-firm, pressed and cut into 1-cm cubes)  
3 cups Broccoli (cut into florets)  
1/2 cup Red Onion (chopped)  
1 1/2 tps Extra Virgin Olive Oil  
2 tps Greek Seasoning  
3 tbsps Lemon Juice (divided)  
1/2 cup Quinoa  
2 tbsps Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	351
Fat	13g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	20g
Cholesterol	8mg
Sodium	799mg
Vitamin A	898IU
Vitamin C	134mg
Calcium	388mg
Iron	5mg

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 3 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 4 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 5 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

**Serving Size:** One serving is approximately two cups of salad.

**More Flavor:** Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

**Make it Vegan:** Omit the feta or use dairy-free feta instead.

**No Broccoli:** Use cauliflower or Brussels sprouts instead.

**No Greek Seasoning:** Use a combination of dried herbs and spices instead.



## Falafel Tahini Salad

2 servings  
30 minutes

### Ingredients

1 1/3 cups Green Lentils (cooked, drained and rinsed)  
3 tbsps Tahini (divided)  
1/4 cup Cilantro (finely chopped)  
1/2 tsp Cumin  
1 1/2 tsps Apple Cider Vinegar  
1/2 tsp Sea Salt (divided)  
2 tbsps Unsweetened Coconut Yogurt  
2 tbsps Water  
4 cups Mixed Greens  
1/2 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	317
Fat	13g
Carbs	36g
Fiber	15g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	892mg
Vitamin A	174IU
Vitamin C	15mg
Calcium	211mg
Iron	8mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

**Serving Size:** One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

**Additional Toppings:** Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

**No Sauerkraut:** Use pickled cabbage instead.





## Creamy Edamame & Mushroom Pasta

1 serving  
25 minutes

### Ingredients

- 1/4 cup Brown Rice Macaroni
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Mushrooms (sliced)
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Arrowroot Powder
- 1 tbsp Almond Flour
- 1/2 tsp Sea Salt
- 1/4 cup Frozen Peas
- 1/4 cup Frozen Edamame
- 1 cup 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.