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with Style

28 Day Balanced 1100 Calorie
Meal Plan PDF (Week 3)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Sunbutter Oatmeal with Strawberries	 High Protein Sunbutter Oatmeal with Strawberries	 High Protein Sunbutter Oatmeal with Strawberries	 Chickpea & Tomato Savory Yogurt Bowl	 Chickpea & Tomato Savory Yogurt Bowl	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie
Lunch	 Soba Breakfast Bowl	 Caprese Mason Jar Salad	 Cuban-Style Chickpea Picadillo	 Spinach Chickpea Pasta Salad	 Thai Cauliflower & Sweet Potato Curry	 Creamy Sun Dried Tomato Pasta	 Falafel Tahini Salad
Snack 2	 0.5 Taco Spiced Chickpeas	 Taco Spiced Chickpeas	 Taco Spiced Chickpeas	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats
Dinner	 0.5 Caprese Mason Jar Salad	 0.5 Cuban-Style Chickpea Picadillo	 0.5 Spinach Chickpea Pasta Salad	 0.5 Thai Cauliflower & Sweet Potato Curry	 Creamy Sun Dried Tomato Pasta	 Falafel Tahini Salad	 Quinoa & Roasted Chickpea Rainbow Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  31%	Fat  30%	Fat  30%	Fat  30%	Fat  32%
Carbs  44%	Carbs  47%	Carbs  48%	Carbs  46%	Carbs  48%	Carbs  48%	Carbs  48%
Protein  23%	Protein  20%	Protein  21%	Protein  24%	Protein  22%	Protein  22%	Protein  20%
Calories 1109	Calories 1180	Calories 1156	Calories 1081	Calories 1152	Calories 1142	Calories 1187
Fat 39g	Fat 44g	Fat 41g	Fat 38g	Fat 40g	Fat 40g	Fat 44g
Carbs 117g	Carbs 138g	Carbs 145g	Carbs 132g	Carbs 146g	Carbs 145g	Carbs 147g
Fiber 18g	Fiber 30g	Fiber 36g	Fiber 32g	Fiber 35g	Fiber 39g	Fiber 37g
Sugar 13g	Sugar 22g	Sugar 27g	Sugar 26g	Sugar 26g	Sugar 30g	Sugar 30g
Protein 60g	Protein 60g	Protein 62g	Protein 68g	Protein 68g	Protein 67g	Protein 62g
Cholesterol 387mg	Cholesterol 30mg	Cholesterol 12mg	Cholesterol 42mg	Cholesterol 19mg	Cholesterol 20mg	Cholesterol 20mg
Sodium 969mg	Sodium 819mg	Sodium 1187mg	Sodium 984mg	Sodium 1163mg	Sodium 1843mg	Sodium 1636mg
Vitamin A 5027IU	Vitamin A 5389IU	Vitamin A 3092IU	Vitamin A 8769IU	Vitamin A 8585IU	Vitamin A 1888IU	Vitamin A 1319IU
Vitamin C 74mg	Vitamin C 54mg	Vitamin C 70mg	Vitamin C 127mg	Vitamin C 107mg	Vitamin C 45mg	Vitamin C 46mg
Calcium 443mg	Calcium 460mg	Calcium 391mg	Calcium 1023mg	Calcium 1027mg	Calcium 1065mg	Calcium 921mg
Iron 11mg	Iron 16mg	Iron 19mg	Iron 17mg	Iron 17mg	Iron 19mg	Iron 16mg

Fruits

- 1 1/2 cups Blueberries
- 2 tbsps Lemon Juice
- 1/8 Nectarine
- 2/3 cup Raspberries
- 3/4 cup Strawberries

Breakfast

- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tsp Cinnamon
- 1 1/2 tps Cumin
- 1 1/2 tbsps Hemp Seeds
- 3/4 tsp Oregano
- 2 2/3 tbsps Pumpkin Seeds
- 1 1/16 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tps Sesame Seeds
- 1 tbsp Taco Seasoning

Vegetables

- 1/2 cup Asparagus
- 4 cups Baby Spinach
- 1 1/3 cups Basil Leaves
- 1/2 head Cauliflower
- 2 2/3 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 1/8 Cucumber
- 3 1/2 Garlic
- 1 1/2 tps Ginger
- 1 Green Bell Pepper
- 2 cups Kale Leaves
- 5 1/16 cups Mixed Greens
- 2 tbsps Parsley
- 1/4 cup Red Onion
- 1/4 cup Shallot
- 1/2 Sweet Potato
- 1 Tomato
- 3/4 Yellow Onion

Boxed & Canned

- 50 grams Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 227 grams Chickpea Pasta
- 5 3/4 cups Chickpeas
- 1/4 cup Dry Red Lentils
- 1 1/3 cups Green Lentils
- 1 1/2 cups Quick Oats
- 2/3 cup Quinoa
- 3/4 cup Vegetable Broth

Baking

- 1 1/2 tps Arrowroot Powder
- 1 1/2 tps Nutritional Yeast
- 2 1/4 cups Oats
- 2 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- 57 grams Mozzarella Ball
- 85 grams Small Bocconcini

Condiments & Oils

- 1 1/2 tps Apple Cider Vinegar
- 1 1/2 tps Avocado Oil
- 2 1/8 tbsps Balsamic Vinegar
- 1/4 tsp Coconut Oil
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 2 tbsps Italian Dressing
- 3/4 tsp Rice Vinegar
- 1/2 cup Sauerkraut
- 1/4 cup Sun Dried Tomatoes
- 3 tbsps Sunflower Seed Butter
- 3 tbsps Tahini
- 3/4 tsp Tamari
- 1 tbsp Thai Red Curry Paste

Cold

- 1 cup Cottage Cheese
- 2 Egg
- 1 1/2 cups Egg Whites
- 1 cup Plain Greek Yogurt
- 3 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Cashew Milk
- 2 tbsps Unsweetened Coconut Yogurt

Other

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



High Protein Sunbutter Oatmeal with Strawberries

3 servings

5 minutes

Ingredients

- 1 1/2 cups Quick Oats
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Hemp Seeds
- 3/4 cup Strawberries (stems removed, chopped)

Nutrition

Amount per serving	
Calories	355
Fat	14g
Carbs	35g
Fiber	6g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	208mg
Vitamin A	13IU
Vitamin C	22mg
Calcium	61mg
Iron	3mg

Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

Notes

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

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

Additional Toppings: Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

Make it Vegan: Omit the egg whites.

No Sunflower Seed Butter: Use almond butter, tahini, pumpkin seed butter or peanut butter instead.



Chickpea & Tomato Savory Yogurt Bowl

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt
1 cup Chickpeas (drained & rinsed)
2/3 cup Cherry Tomatoes (halved)
2 tbsps Pumpkin Seeds
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	31g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	17mg
Sodium	79mg
Vitamin A	1062IU
Vitamin C	15mg
Calcium	299mg
Iron	4mg

Directions

1 Combine all ingredients in a bowl. Enjoy!

Notes

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

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

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.



Blueberry Cobbler Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Cashew Milk
- 1 cup Blueberries (fresh or frozen)
- 1/4 cup Oats (quick or rolled)
- 1 cup Cottage Cheese
- 2 tbsps Pitted Dates
- 1 1/2 tbsps Lemon Juice
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	31g
Fiber	4g
Sugar	16g
Protein	14g
Cholesterol	18mg
Sodium	396mg
Vitamin A	567IU
Vitamin C	12mg
Calcium	190mg
Iron	1mg

Directions

1

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

Notes

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

Pitted Dates: One serving is equal to approximately one to two dates.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

More Fiber: Add ground flax seed.

More Protein: Add hemp seeds, chia seeds, or a scoop of protein powder.

No Cashew Milk: Use any milk of choice.

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



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.



Taco Spiced Chickpeas

3 servings
30 minutes

Ingredients

- 3 cups Chickpeas (cooked)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste, optional)
- 1 tbsp Taco Seasoning

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	47g
Fiber	13g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	267mg
Vitamin A	44IU
Vitamin C	2mg
Calcium	90mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 4 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

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

No Extra Virgin Olive Oil: Use avocado oil instead.



Overnight Vanilla Protein Oats

4 servings

8 hours

Ingredients

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



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.



Cuban-Style Chickpea Picadillo

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, chopped)
- 1 Garlic (clove, minced)
- 1 tsp Cumin
- 3/4 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1 Tomato (medium, diced)
- 1 1/2 cups Chickpeas (cooked, rinsed well)
- 1/4 cup Green Olives (chopped)
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	308
Fat	12g
Carbs	40g
Fiber	11g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	454mg
Vitamin A	939IU
Vitamin C	11mg
Calcium	109mg
Iron	7mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the onion and cook for three to five minutes or until softened.
- 2 Add the garlic, cumin, oregano, and salt and stir to combine then add the tomato. Cook for about one minute then stir in the chickpeas. Continue to cook for two to three minutes until the tomatoes start to break down and the chickpeas warm through.
- 3 Add the olives and the water and continue to cook for three to five minutes or until the sauce thickens. Season with additional salt if needed. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add green pepper, cilantro, or raisins. Use vegetable broth or tomato sauce instead of water.

Serve it With: Rice, fried plantains, cauliflower rice, inside of tortillas, or lettuce leaves.

Oil-Free: Use water or broth instead of oil.



Spinach Chickpea Pasta Salad

2 servings
10 minutes

Ingredients

113 grams Chickpea Pasta
1/4 cup Green Olives (pitted, quartered)
1/4 cup Shallot (chopped)
1 cup Cherry Tomatoes (halved)
1 Green Bell Pepper (medium, diced)
57 grams Mozzarella Ball (pearls)
2 tbsps Italian Dressing
2 cups Baby Spinach
1/4 cup Basil Leaves

Nutrition

Amount per serving	
Calories	348
Fat	12g
Carbs	45g
Fiber	12g
Sugar	11g
Protein	23g
Cholesterol	23mg
Sodium	516mg
Vitamin A	4192IU
Vitamin C	69mg
Calcium	262mg
Iron	8mg

Directions

- 1 Cook the pasta al dente according to the package directions. Drain and rinse under cold water.
- 2 In a bowl, add the olives, shallot, tomatoes, peppers, mozzarella balls, and dressing. Mix to combine. Add the spinach and the basil and toss to combine.
- 3 Refrigerate until ready to serve. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Make it Vegan: Use dairy-free cheese.

More Flavor: Add a cooked protein of your choice.



Thai Cauliflower & Sweet Potato Curry

2 servings**35 minutes**

Ingredients

- 1/4 Yellow Onion (chopped)
- 1 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 2 tbsps Water
- 1 tbsp Thai Red Curry Paste
- 3/4 cup Vegetable Broth
- 1/2 cup Canned Coconut Milk (full fat)
- 1/4 cup Dry Red Lentils
- 1/2 head Cauliflower (small, chopped into florets)
- 1/2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 tbsps Cilantro (chopped, optional for garnish)

Nutrition

Amount per serving	
Calories	290
Fat	12g
Carbs	37g
Fiber	8g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	529mg
Vitamin A	6376IU
Vitamin C	74mg
Calcium	64mg
Iron	3mg

Directions

- 1 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 2 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 3 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 4 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

Notes

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

Serving Size: One serving is approximately 2 cups of curry.

More Flavor: Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With: Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.



Creamy Sun Dried Tomato Pasta

2 servings
20 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 1 Garlic (clove, minced)
- 1 1/2 tsps Arrowroot Powder
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Sun Dried Tomatoes (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/4 tsp Sea Salt
- 1 1/2 tsps Lemon Juice
- 113 grams Chickpea Pasta
- 1/2 cup Asparagus (trimmed, cut into bite-sized pieces)
- 2 tbsps Parsley (chopped)
- 1/4 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	41g
Fiber	11g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	431mg
Vitamin A	820IU
Vitamin C	12mg
Calcium	234mg
Iron	7mg

Directions

- 1 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 2 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 3 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 4 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

Nut-Free: Use coconut milk, hemp seed milk or oat milk instead of almond milk.

More Flavor: Use reserved water from cooking the pasta to thin the sauce 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.



Quinoa & Roasted Chickpea Rainbow Salad

1 serving
30 minutes

Ingredients

- 1/3 cup Chickpeas (cooked)
- 1/4 tsp Coconut Oil (melted)
- 1/16 tsp Sea Salt
- 2 2/3 tbsps Quinoa (dry)
- 1/4 cup Water
- 1 tsp Extra Virgin Olive Oil
- 2 tps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 1 cup Mixed Greens
- 1/8 Cucumber (diced)
- 1/8 Nectarine (pitted and thinly sliced)
- 2 2/3 tbsps Raspberries
- 2 tps Pumpkin Seeds
- 2 tps 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.