




















































EXERCISE
with Style

30 Day Balanced 1200 Calorie
Meal Plan PDF (Week 2)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach & Cottage Cheese Toast	 Peach & Cottage Cheese Toast	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats
Lunch	 Slow Cooker Dill Vegetable Soup	 Pork Summer Rolls with Peanut Sauce	 Buffalo Chickpea Wraps	 Roasted Tomato, Lentil & Feta Bowl	 Marinated Veggie Salad	 Yellow Bean, Potato, & Turkey Sausage Casserole	 Lentil Chickpea Salad
Snack 2	 Chickpea Fritters	 Chickpea Fritters	 Chickpea Fritters	 Loaded Tostadas	 Loaded Tostadas	 Loaded Tostadas	 Loaded Tostadas
Dinner	 Pork Summer Rolls with Peanut Sauce	 Buffalo Chickpea Wraps	 Roasted Tomato, Lentil & Feta Bowl	 Marinated Veggie Salad	 Yellow Bean, Potato, & Turkey Sausage Casserole	 Lentil Chickpea Salad	 Sun Dried Tomato Pesto Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  30%	Fat  34%	Fat  34%	Fat  32%	Fat  30%	Fat  28%
Carbs  48%	Carbs  51%	Carbs  48%	Carbs  47%	Carbs  47%	Carbs  50%	Carbs  52%
Protein  20%	Protein  19%	Protein  18%	Protein  19%	Protein  21%	Protein  20%	Protein  20%
Calories 1217	Calories 1283	Calories 1248	Calories 1240	Calories 1285	Calories 1347	Calories 1297
Fat 44g	Fat 44g	Fat 48g	Fat 49g	Fat 46g	Fat 46g	Fat 41g
Carbs 148g	Carbs 164g	Carbs 155g	Carbs 151g	Carbs 156g	Carbs 170g	Carbs 175g
Fiber 26g	Fiber 32g	Fiber 43g	Fiber 40g	Fiber 33g	Fiber 42g	Fiber 46g
Sugar 37g	Sugar 37g	Sugar 40g	Sugar 30g	Sugar 29g	Sugar 18g	Sugar 20g
Protein 60g	Protein 61g	Protein 58g	Protein 62g	Protein 70g	Protein 70g	Protein 68g
Cholesterol 55mg	Cholesterol 55mg	Cholesterol 35mg	Cholesterol 50mg	Cholesterol 102mg	Cholesterol 92mg	Cholesterol 31mg
Sodium 2072mg	Sodium 2239mg	Sodium 2150mg	Sodium 1873mg	Sodium 2503mg	Sodium 2058mg	Sodium 1490mg
Vitamin A 5667IU	Vitamin A 2558IU	Vitamin A 3420IU	Vitamin A 6179IU	Vitamin A 5124IU	Vitamin A 3657IU	Vitamin A 3943IU
Vitamin C 31mg	Vitamin C 22mg	Vitamin C 79mg	Vitamin C 229mg	Vitamin C 214mg	Vitamin C 123mg	Vitamin C 82mg
Calcium 382mg	Calcium 473mg	Calcium 602mg	Calcium 786mg	Calcium 695mg	Calcium 974mg	Calcium 1042mg
Iron 9mg	Iron 11mg	Iron 13mg	Iron 14mg	Iron 14mg	Iron 16mg	Iron 19mg

Fruits

- 1/2 Avocado
- 4 1/16 Peach

Breakfast

- 2 1/2 tbsps All Natural Peanut Butter
- 1/2 cup Coffee

Seeds, Nuts & Spices

- 1/4 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 1/2 tps Cinnamon
- 1/2 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 1/4 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 1/4 cup Baby Spinach
- 1 1/2 tps Basil Leaves
- 1 cup Broccoli
- 1/4 Carrot
- 1/2 stalk Celery
- 1 3/4 cups Cherry Tomatoes
- 1/2 Cucumber
- 1 1/2 tps Fresh Dill
- 1 tbsp Fresh Sage
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 1/2 head Iceberg Lettuce
- 2 1/2 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 2 cups Microgreens
- 1/2 cup Mint Leaves
- 1/2 cup Mushrooms
- 2 tbsps Parsley
- 1/2 Red Bell Pepper
- 1 1/4 cups Red Onion
- 1 tbsp Rosemary
- 1/2 cup Thai Basil
- 1/2 Tomato
- 2 cups Yellow Beans
- 1/2 Yellow Bell Pepper
- 1 1/2 Yellow Potato

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 71 grams Chickpea Pasta
- 3 3/4 cups Chickpeas
- 3 tbsps Dry Chickpeas
- 1 1/2 cups Green Lentils
- 1 cup Lentils
- 1 can Refried Beans
- 43 grams Rice Vermicelli Noodles
- 1/2 cup Salsa
- 3/4 cup Vegetable Broth

Baking**Bread, Fish, Meat & Cheese**

- 8 Corn Tortilla
- 3/4 cup Feta Cheese
- 1 tbsp Parmigiano Reggiano
- 113 grams Pork Tenderloin
- 184 grams Turkey Sausage
- 2 1/16 slices Whole Grain Bread
- 2 Whole Wheat Tortilla

Condiments & Oils

- 2 1/4 tbsps Apple Cider Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Hot Sauce
- 4 Rice Paper Wraps
- 1 tbsp Rice Vinegar
- 1 tbsp Sun Dried Tomato Pesto
- 1 1/2 tps Tamari
- 2 tbsps Vegan Mayonnaise
- 2 tbsps Vegan Ranch Dressing
- 1 tbsp White Wine Vinegar

Cold

- 2 1/8 cups Cottage Cheese
- 1/2 cup Guacamole
- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk

Other

- 1/4 cup Chocolate Protein Powder
- 1/3 cup Water

- 1/4 cup All Purpose Gluten-Free Flour
- 2 tbsps Cacao Nibs
- 2 tbsps Cocoa Powder
- 1/4 cup Nutritional Yeast
- 1 1/3 cups Oats
- 3 tbsps Pitted Dates



Peach Cobbler Smoothie

3 servings

5 minutes

Ingredients

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



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.



Mocha Overnight Protein Oats

2 servings

8 hours

Ingredients

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



Slow Cooker Dill Vegetable Soup

1 serving

4 hours

Ingredients

- 3/4 cup Vegetable Broth
- 3 tbsps Dry Chickpeas (uncooked, rinsed)
- 1/4 Carrot (medium, peeled and diced)
- 1/2 stalk Celery (diced)
- 1/8 tsp Sea Salt
- 1/2 cup Kale Leaves (chopped)
- 1 1/2 tps Fresh Dill (stems removed, chopped)
- 1/4 cup Canned Coconut Milk
- 3/4 tsp Apple Cider Vinegar
- 3/4 tsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	278
Fat	13g
Carbs	30g
Fiber	6g
Sugar	7g
Protein	11g
Cholesterol	0mg
Sodium	848mg
Vitamin A	3584IU
Vitamin C	14mg
Calcium	71mg
Iron	2mg

Directions

- 1 Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
- 2 Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
- 3 Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
- 4 Divide into bowls and enjoy!

Notes

Serving Size: One serving is equal to approximately 1.25 cups of soup.

More Carbs: Stir in cooked rice or quinoa before serving.

No Coconut Milk: Use almond milk, cashew milk, oat milk or cream instead.

No Chickpeas: Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

Storage: Refrigerate in an airtight container up to 5 days, or freeze if longer.



Chickpea Fritters

3 servings
15 minutes

Ingredients

- 1 3/4 cups Chickpeas (cooked)
- 1/4 cup All Purpose Gluten-Free Flour
- 1/4 cup Nutritional Yeast
- 2 tbsps Vegan Mayonnaise
- 1/2 tsp Dried Parsley (dried)
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 tbsp Water
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	331
Fat	11g
Carbs	42g
Fiber	12g
Sugar	5g
Protein	16g
Cholesterol	0mg
Sodium	504mg
Vitamin A	28IU
Vitamin C	1mg
Calcium	56mg
Iron	4mg

Directions

- 1 In a medium-sized bowl, combine the chickpeas, flour, nutritional yeast, mayonnaise, parsley, garlic, salt, and water. Mix well and mash the chickpeas until well blended.
- 2 Divide the chickpea mixture into six flat patties using slightly damp hands.
- 3 Heat a nonstick skillet over medium heat and add the oil. Once hot, add the fritters and fry for three to four minutes per side, until browned and crispy. Be careful not to crowd the pan and work in batches if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for longer.

Serving Size: One serving is two fritters.

Flour: Use another type of flour such as regular all purpose or chickpea flour.

Additional Toppings: Dip in your favorite sauce or mix together coconut yogurt, dill, and lemon for a refreshing dip.



Loaded Tostadas

4 servings
15 minutes

Ingredients

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



Pork Summer Rolls with Peanut Sauce

2 servings
40 minutes

Ingredients

113 grams Pork Tenderloin
43 grams Rice Vermicelli Noodles
2 1/2 tbsps All Natural Peanut Butter
1 1/2 tpsps Tamari
2 tbsps Water (hot)
1 tbsp Rice Vinegar
4 Rice Paper Wraps
1/8 head Iceberg Lettuce (leaves pulled apart)
1/4 Cucumber (sliced)
1/2 cup Thai Basil (stems removed)
1/2 cup Mint Leaves (stems removed)

Nutrition

Amount per serving	
Calories	352
Fat	12g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	18g
Cholesterol	37mg
Sodium	325mg
Vitamin A	1040IU
Vitamin C	6mg
Calcium	61mg
Iron	2mg

Directions

- 1 Boil the pork in a pot of water. Lower the heat to a simmer and boil for 30 minutes or until cooked through. When cool enough to handle, cut into thin slices.
- 2 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 In a bowl, whisk together the peanut butter, tamari, water, and rice vinegar. Adjust to taste as needed.
- 4 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, cucumber, basil, mint, vermicelli, and pork 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.
- 5 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, cilantro, shrimp, or garlic chives.

Make it Vegan: Use tofu instead of pork.

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

No Pork Tenderloin: Pork loin, shoulder and/or belly can be used instead. Or omit the pork and replace it with shrimp, chicken, or additional vegetables.



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.



Roasted Tomato, Lentil & Feta Bowl

2 servings
40 minutes

Ingredients

- 1/2 cup Red Onion (diced)
- 1 cup Cherry Tomatoes
- 1/2 Green Bell Pepper (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 Avocado (sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	317
Fat	16g
Carbs	34g
Fiber	14g
Sugar	7g
Protein	15g
Cholesterol	17mg
Sodium	236mg
Vitamin A	1902IU
Vitamin C	63mg
Calcium	190mg
Iron	4mg

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



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.



Yellow Bean, Potato, & Turkey Sausage Casserole

2 servings

1 hour

Ingredients

- 1 1/2 Yellow Potato (medium, very thinly sliced)
- 2 cups Yellow Beans (or green, halved)
- 1/4 cup Red Onion (diced)
- 184 grams Turkey Sausage (chopped)
- 1 tbsp Rosemary (chopped)
- 1 tbsp Fresh Sage (chopped)
- 1/4 tsp Sea Salt (divided)
- 1/4 cup Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	362
Fat	13g
Carbs	39g
Fiber	7g
Sugar	6g
Protein	23g
Cholesterol	69mg
Sodium	866mg
Vitamin A	847IU
Vitamin C	48mg
Calcium	99mg
Iron	4mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Line a casserole dish with half of the potatoes. Add half of each of the following ingredients on top of the potatoes: beans, onion, sausage, rosemary, sage, and salt.
- 3 Create a second layer starting with the remaining potato slices, then add the remaining half of the beans, onion, sausage, rosemary, sage, and salt.
- 4 Pour the coconut milk over top of everything and transfer the dish to the oven. Bake for 45 minutes. Serve and enjoy!

Notes

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

Serving Size: A 12 x 9-inch casserole dish was used to make four servings. One serving is equal to approximately 1/4 of the dish.

More Flavor: Add garlic powder and onion powder. Top with cranberry sauce.



Lentil Chickpea Salad

2 servings

30 minutes

Ingredients

- 1/2 cup Green Lentils (cooked, drained)
- 1 cup Chickpeas (cooked, drained)
- 1/4 cup Red Onion (small, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/2 Tomato (large, diced)
- 2 tbsps Parsley (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp White Wine Vinegar
- 1/4 tsp Oregano
- 1/8 tsp Sea Salt

Directions

- 1 Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
- 2 Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

Additional Toppings: Feta cheese, olives, fresh dill.

No White Wine Vinegar: Use red white vinegar, apple cider vinegar, or lemon juice.

Nutrition

Amount per serving	
Calories	275
Fat	9g
Carbs	37g
Fiber	12g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	170mg
Vitamin A	1695IU
Vitamin C	51mg
Calcium	65mg
Iron	5mg



Sun Dried Tomato Pesto Pasta

1 serving
20 minutes

Ingredients

- 71 grams Chickpea Pasta (dry)
- 2 2/3 tbsps Water (reserved pasta water)
- 1 tbsp Sun Dried Tomato Pesto
- 1/4 cup Cherry Tomatoes (cut in half)
- 1/4 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Basil Leaves
- 1 tbsp 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.