




















































EXERCISE
with Style

30 Day Balanced 1200 Calorie
Meal Plan PDF (Week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Cashew Butter & Jelly Overnight Oats	 Cashew Butter & Jelly Overnight Oats	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini
Lunch	 Loaded Tostadas	 Thai Cauliflower & Sweet Potato Curry	 Sole & Asparagus with Brown Rice	 Swiss Chard, Lentil & Rice Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 Veggie & Feta Zucchini Boats	 Quick Chana Masala
Snack 2	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie
Dinner	 Thai Cauliflower & Sweet Potato Curry	 Sole & Asparagus with Brown Rice	 Swiss Chard, Lentil & Rice Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 Veggie & Feta Zucchini Boats	 Quick Chana Masala	 Cheesy Cauliflower & Broccoli Casserole

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  31%	Fat  31%	Fat  32%	Fat  32%	Fat  29%	Fat  28%
Carbs  51%	Carbs  48%	Carbs  48%	Carbs  49%	Carbs  48%	Carbs  50%	Carbs  50%
Protein  19%	Protein  21%	Protein  21%	Protein  19%	Protein  20%	Protein  21%	Protein  22%
Calories 1294	Calories 1276	Calories 1295	Calories 1361	Calories 1345	Calories 1209	Calories 1196
Fat 44g	Fat 46g	Fat 46g	Fat 51g	Fat 49g	Fat 41g	Fat 40g
Carbs 170g	Carbs 157g	Carbs 161g	Carbs 172g	Carbs 169g	Carbs 159g	Carbs 157g
Fiber 28g	Fiber 22g	Fiber 24g	Fiber 38g	Fiber 41g	Fiber 43g	Fiber 42g
Sugar 57g	Sugar 55g	Sugar 51g	Sugar 60g	Sugar 67g	Sugar 55g	Sugar 54g
Protein 63g	Protein 69g	Protein 69g	Protein 66g	Protein 70g	Protein 65g	Protein 68g
Cholesterol 64mg	Cholesterol 94mg	Cholesterol 94mg	Cholesterol 17mg	Cholesterol 47mg	Cholesterol 30mg	Cholesterol 0mg
Sodium 1956mg	Sodium 1383mg	Sodium 1013mg	Sodium 560mg	Sodium 1018mg	Sodium 1609mg	Sodium 1419mg
Vitamin A 9714IU	Vitamin A 9900IU	Vitamin A 8225IU	Vitamin A 26398IU	Vitamin A 23280IU	Vitamin A 7366IU	Vitamin A 13862IU
Vitamin C 204mg	Vitamin C 190mg	Vitamin C 139mg	Vitamin C 213mg	Vitamin C 259mg	Vitamin C 158mg	Vitamin C 256mg
Calcium 1095mg	Calcium 750mg	Calcium 756mg	Calcium 1261mg	Calcium 1466mg	Calcium 1134mg	Calcium 1002mg
Iron 9mg	Iron 10mg	Iron 12mg	Iron 18mg	Iron 16mg	Iron 14mg	Iron 17mg

Fruits

- 1 Avocado
- 1 1/2 cups Blueberries
- 1 1/2 Kiwi
- 1/4 Lemon
- 2 1/4 tbsps Lemon Juice
- 2 Lime
- 3/4 Mango
- 3/4 cup Pineapple
- 1/3 cup Raspberries

Breakfast

- 2 tbsps Cashew Butter
- 3/4 cup Granola
- 1 1/8 tbsps Maple Syrup
- 2 tbsps Raspberry Jam

Seeds, Nuts & Spices

- 2 tbsps Cashews
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chana Masala Spice Blend
- 2 tbsps Chia Seeds
- 1 1/2 tbsps Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Paprika
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 4 cups Frozen Mango

Vegetables

- 2 cups Asparagus
- 8 cups Baby Spinach
- 1 cup Broccoli
- 2 cups Brussels Sprouts
- 1/2 cup Butternut Squash
- 3/4 head Cauliflower
- 2/3 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 4 1/2 Garlic
- 1 tbsp Ginger
- 1 stalk Green Onion
- 1/2 cup Microgreens
- 1/2 cup Mint Leaves
- 1/3 Red Bell Pepper
- 3 1/2 tbsps Red Onion
- 1 1/2 Sweet Potato
- 4 cups Swiss Chard
- 1 Yellow Onion
- 2 1/16 Zucchini

Boxed & Canned

- 3/4 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 1/2 cups Chickpeas
- 1/4 cup Dry Red Lentils
- 2 1/16 cups Fava Beans
- 2 cups Lentils
- 1/4 can Refried Beans
- 2 tbsps Salsa
- 3/4 cup Vegetable Broth
- 1 cup White Navy Beans

Baking

- 2 tbsps Nutritional Yeast
- 1 cup Oats
- 3 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- 2 Corn Tortilla
- 1/2 cup Feta Cheese
- 227 grams Sole Fillet

Condiments & Oils

- 2 1/2 tbsps Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 3 1/4 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Italian Dressing
- 1/4 cup Tahini
- 1 tbsp Thai Red Curry Paste
- 1/2 cup Tomato Sauce

Cold

- 1 1/2 cups Cottage Cheese
- 2 tbsps Guacamole
- 5 cups Plain Coconut Milk
- 3 1/3 cups Plain Greek Yogurt
- 3 tbsps Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk

Other

- 76 grams Collagen Powder
- 2 1/4 cups Water



Tropical Breakfast Bowl

3 servings

5 minutes

Ingredients

- 2 1/4 cups Plain Greek Yogurt
- 3/4 cup Pineapple (chopped)
- 3/4 Mango (peeled and chopped)
- 1 1/2 Kiwi (peeled and chopped)
- 3/4 cup Granola

Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Cholesterol	25mg
Sodium	115mg
Vitamin A	1906IU
Vitamin C	94mg
Calcium	424mg
Iron	2mg

Directions

1

Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

Notes

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

Additional Toppings: Chopped nuts, seeds, shredded coconut, and/or honey.

Fruit: Add banana and/or berries.

Dairy-Free: Use coconut yogurt instead.

Grain-Free: Omit the granola.



Cashew Butter & Jelly Overnight Oats

2 servings**8 hours**

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Oats
- 3 tbsps Unsweetened Almond Milk
- 2 tpsps Chia Seeds
- 2 tpsps Maple Syrup
- 2 tbsps Cashew Butter
- 2 tbsps Raspberry Jam
- 1/3 cup Raspberries

Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	40g
Fiber	5g
Sugar	15g
Protein	17g
Cholesterol	17mg
Sodium	90mg
Vitamin A	678IU
Vitamin C	14mg
Calcium	347mg
Iron	3mg

Directions

- 1 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 2 Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

Notes

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

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

Dairy-Free: Use coconut yogurt or other non-dairy yogurt.

Additional Toppings: Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

No Almond Milk: Use cow's milk or any other milk alternative.



Egyptian Fava Beans with Tahini

2 servings
15 minutes

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	223mg
Vitamin A	40IU
Vitamin C	1mg
Calcium	129mg
Iron	4mg

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Loaded Tostadas

1 serving
15 minutes

Ingredients

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



Blueberry Cobbler Smoothie

3 servings

5 minutes

Ingredients

- 2 1/4 cups Unsweetened Cashew Milk
- 1 1/2 cups Blueberries (fresh or frozen)
- 1/3 cup Oats (quick or rolled)
- 1 1/2 cups Cottage Cheese
- 3 tbsps Pitted Dates
- 2 1/4 tbsps Lemon Juice
- 1 1/2 tsps 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.



Mango Mint Smoothie

4 servings

5 minutes

Ingredients

5 cups Plain Coconut Milk
(unsweetened from the carton)
4 cups Frozen Mango
1 Avocado
4 cups Baby Spinach
1/2 cup Mint Leaves (stems removed)
2 Lime (juiced)
76 grams Collagen Powder

Directions

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

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a pitted date before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Nutrition

Amount per serving	
Calories	356
Fat	14g
Carbs	41g
Fiber	7g
Sugar	32g
Protein	20g
Cholesterol	0mg
Sodium	112mg
Vitamin A	5443IU
Vitamin C	81mg
Calcium	639mg
Iron	2mg



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.



Sole & Asparagus with Brown Rice

2 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 cup Water
- 2 cups Asparagus (woody ends sliced off)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 227 grams Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	51mg
Sodium	343mg
Vitamin A	1051IU
Vitamin C	10mg
Calcium	72mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.



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.



Roasted Sweet Potato & Brussels Sprouts Salad

2 servings
30 minutes

Ingredients

- 1 Sweet Potato (medium, sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	199mg
Vitamin A	15576IU
Vitamin C	95mg
Calcium	205mg
Iron	8mg

Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

- No Brussels Sprouts:** Use broccoli instead.
- No Lentils:** Use chickpeas, tempeh, or tofu instead.



Veggie & Feta Zucchini Boats

2 servings
40 minutes

Ingredients

- 2 Zucchini (medium)
- 2/3 tsp Extra Virgin Olive Oil
- 1 cup White Navy Beans (drained, rinsed)
- 2/3 cup Cherry Tomatoes
- 1/3 Red Bell Pepper (medium, diced)
- 3 1/2 tbsps Red Onion (diced)
- 1/2 cup Feta Cheese (crumbled, divided)
- 2 2/3 tbsps Italian Dressing

Nutrition

Amount per serving	
Calories	293
Fat	10g
Carbs	38g
Fiber	13g
Sugar	10g
Protein	16g
Cholesterol	30mg
Sodium	617mg
Vitamin A	1583IU
Vitamin C	69mg
Calcium	275mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cut the zucchini down the middle lengthwise and scoop out the middle flesh from the center of each zucchini half. Brush oil on the bottom of each half and place them on the baking sheet cut side up.
- 3 In a bowl, combine the navy beans, tomatoes, bell pepper, onion, half of the feta cheese, and Italian dressing.
- 4 Spoon the filling into each zucchini boat and top each with the remaining feta. Bake for 25 to 30 minutes or until the filling is browned and the zucchini is cooked to your liking. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is equal to two zucchini boats.

Dairy-Free: Use dairy-free cheese or omit entirely.

Additional Toppings: Top with fresh herbs, dried oregano, and/or hot sauce after cooking.



Quick Chana Masala

2 servings
20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 Yellow Onion (small, chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tps Ginger (fresh, minced or grated)
- 2 tps Chana Masala Spice Blend
- 1/2 cup Tomato Sauce (plain)
- 1/2 cup Water
- 1 1/2 cups Chickpeas (cooked, rinsed well)

Nutrition

Amount per serving	
Calories	282
Fat	8g
Carbs	43g
Fiber	12g
Sugar	10g
Protein	13g
Cholesterol	0mg
Sodium	657mg
Vitamin A	300IU
Vitamin C	7mg
Calcium	91mg
Iron	5mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes or until the onion begins to soften. Add the garlic, ginger, chana masala spice blend, and salt. Cook for another minute until very fragrant.
- 2 Add the tomato sauce and water and bring the sauce to a simmer.
- 3 Add the chickpeas and cook for five to 10 minutes or until the chickpeas are warmed through and the sauce has thickened slightly. Season with additional salt if needed.
- 4 To serve, divide between plates or bowls and enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add red pepper flakes, cayenne pepper, or another hot pepper spice for a spicier dish.

Serve It With: Rice, cauliflower rice, naan bread, pita bread, or other flatbread.

No Chana Masala Spice Blend: Use a combination of paprika, coriander, cumin, cardamom, cinnamon, black pepper, and turmeric.



Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

- Save Time:** Buy frozen, pre-sliced butternut squash cubes.
- More Carbs:** Serve with brown rice macaroni or quinoa.