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with Style

30 Day Balanced 1200 Calorie
Meal Plan PDF (Week 4)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie	 Blueberry Rhubarb Ginger Smoothie	 Savory Quinoa Porridge	 Savory Quinoa Porridge	 Kale & Millet Egg Bake	 Kale & Millet Egg Bake
Lunch	 Smashed Chickpea Salad with Tahini Dressing	 Spaghetti Squash with Spinach & Chickpeas	 Hummus Pasta	 Cuban-Style Chickpea Picadillo	 Teriyaki Tofu Bowl	 Chicken Soba Noodle Soup	 Roasted Red Pepper & Tomato Lentil Soup
Snack 2	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box
Dinner	 Spaghetti Squash with Spinach & Chickpeas	 Hummus Pasta	 Cuban-Style Chickpea Picadillo	 Teriyaki Tofu Bowl	 Chicken Soba Noodle Soup	 Roasted Red Pepper & Tomato Lentil Soup	 Tofu Veggie Summer Rolls

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  31%	Fat  31%	Fat  31%	Fat  30%	Fat  28%	Fat  27%
Carbs  50%	Carbs  47%	Carbs  47%	Carbs  50%	Carbs  50%	Carbs  51%	Carbs  51%
Protein  20%	Protein  22%	Protein  22%	Protein  19%	Protein  20%	Protein  21%	Protein  22%
Calories 1247	Calories 1236	Calories 1258	Calories 1372	Calories 1431	Calories 1252	Calories 1171
Fat 44g	Fat 46g	Fat 46g	Fat 49g	Fat 47g	Fat 38g	Fat 37g
Carbs 165g	Carbs 154g	Carbs 157g	Carbs 174g	Carbs 172g	Carbs 155g	Carbs 156g
Fiber 36g	Fiber 34g	Fiber 36g	Fiber 27g	Fiber 17g	Fiber 21g	Fiber 24g
Sugar 72g	Sugar 62g	Sugar 65g	Sugar 32g	Sugar 25g	Sugar 29g	Sugar 46g
Protein 65g	Protein 72g	Protein 73g	Protein 65g	Protein 69g	Protein 62g	Protein 65g
Cholesterol 29mg	Cholesterol 29mg	Cholesterol 18mg	Cholesterol 203mg	Cholesterol 259mg	Cholesterol 264mg	Cholesterol 208mg
Sodium 1325mg	Sodium 1016mg	Sodium 1297mg	Sodium 2485mg	Sodium 2885mg	Sodium 2246mg	Sodium 2150mg
Vitamin A 4035IU	Vitamin A 4387IU	Vitamin A 2716IU	Vitamin A 2354IU	Vitamin A 3029IU	Vitamin A 6430IU	Vitamin A 6288IU
Vitamin C 81mg	Vitamin C 74mg	Vitamin C 63mg	Vitamin C 106mg	Vitamin C 114mg	Vitamin C 279mg	Vitamin C 327mg
Calcium 643mg	Calcium 592mg	Calcium 536mg	Calcium 863mg	Calcium 832mg	Calcium 535mg	Calcium 970mg
Iron 13mg	Iron 15mg	Iron 18mg	Iron 18mg	Iron 12mg	Iron 12mg	Iron 15mg

Fruits

- 1/2 Apple
- 2 1/2 tbsps Lemon Juice
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 3 Peach
- 4 cups Strawberries

Breakfast

- 1 1/3 cups Granola

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1 2/3 tbsps Cashews
- 1 tbsp Chia Seeds
- 1 1/2 tsps Cinnamon
- 1 tsp Cumin
- 1/2 tsp Dried Thyme
- 1 tsp Everything Bagel Seasoning
- 1/3 tsp Garlic Powder
- 1/3 cup Hemp Seeds
- 1/3 tsp Onion Powder
- 1 1/8 tsps Oregano
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 cups Frozen Blueberries
- 1/3 cup Frozen Edamame

Vegetables

- 1 1/4 cups Arugula
- 1 1/2 cups Baby Spinach
- 1 cup Bok Choy
- 1 stalk Celery
- 1/3 cup Cherry Tomatoes
- 1/8 Cucumber
- 3 1/4 Garlic
- 1/4 cup Ginger
- 2 stalks Green Onion
- 2/3 cup Kale Leaves
- 1/3 Orange Bell Pepper
- 1/2 cup Purple Cabbage
- 1 1/2 Red Bell Pepper
- 1 1/2 cups Rhubarb
- 1/2 Spaghetti Squash
- 1/3 Sweet Onion
- 1 3/4 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 2/3 cup Brown Rice
- 100 grams Buckwheat Soba Noodles
- 113 grams Chickpea Pasta
- 3 1/4 cups Chickpeas
- 1/3 cup Dry Red Lentils
- 1/2 cup Millet
- 1/2 cup Quick Oats
- 1/2 cup Quinoa
- 2 1/16 cups Vegetable Broth

Baking

- 1 1/2 tsps Arrowroot Powder
- 2 1/4 tsps Coconut Sugar
- 2 1/4 tsps Honey
- 2 tsps Nutritional Yeast
- 1/3 cup Oats
- 3 tbsps Pitted Dates
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 113 grams Chicken Leg, Bone-In
- 2 2/3 tbsps Feta Cheese
- 397 grams Tofu

Condiments & Oils

- 1 1/2 tsps Avocado Oil
- 3 1/4 tbsps Extra Virgin Olive Oil
- 1 2/3 tsps Fish Sauce
- 1/4 cup Green Olives
- 2 Rice Paper Wraps
- 1 tbsp Rice Vinegar
- 2 tbsps Sun Dried Tomatoes
- 1 tbsp Tahini
- 2 1/2 tbsps Tamari

Cold

- 1 2/3 cups Cottage Cheese
- 2 2/3 tbsps Cow's Milk, Whole
- 4 1/16 Egg
- 1/3 cup Hummus
- 2 cups Plain Greek Yogurt
- 2 1/4 cups Unsweetened Cashew Milk

Other

- 3 cups Coconut Water
- 57 grams Collagen Powder
- 8 2/3 cups Water



Blueberry Rhubarb Ginger Smoothie

3 servings
5 minutes

Ingredients

3 cups Frozen Blueberries
1 1/2 cups Rhubarb (chopped)
3 tbsps Ginger (grated)
1/3 cup Hemp Seeds
1 tbsp Chia Seeds
57 grams Collagen Powder
1 tbsp Raw Honey
3 cups Coconut Water

Nutrition

Amount per serving	
Calories	354
Fat	12g
Carbs	42g
Fiber	8g
Sugar	29g
Protein	25g
Cholesterol	0mg
Sodium	107mg
Vitamin A	136IU
Vitamin C	33mg
Calcium	133mg
Iron	3mg

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.

Serving Size: One serving is approximately 2 1/4 cups.

Make it Vegan: Use more hemp seeds or vegan protein powder instead of collagen powder.

No Coconut Water: Use plant-based milk or water instead.



Savory Quinoa Porridge

2 servings
20 minutes

Ingredients

4 cups Water
1/2 cup Quinoa (uncooked)
1/2 cup Quick Oats
2 stalks Green Onion (large, sliced)
2 tsp Nutritional Yeast
1/2 tsp Dried Thyme
1/2 tsp Sea Salt
2 tsp Extra Virgin Olive Oil
2 Egg

Nutrition

Amount per serving	
Calories	360
Fat	13g
Carbs	43g
Fiber	6g
Sugar	1g
Protein	17g
Cholesterol	186mg
Sodium	684mg
Vitamin A	765IU
Vitamin C	2mg
Calcium	119mg
Iron	4mg

Directions

- 1 Add the water and quinoa to a pot over medium-high heat. Bring to a boil then reduce heat to low and cover with a lid. Simmer for about 10 minutes or until quinoa is just tender.
- 2 Remove the lid and increase the heat to medium. Add the oats, green onion, nutritional yeast, thyme and salt. Stir to combine and bring to a bubble.
- 3 Once bubbling, continue to cook, stirring often, until the oats are tender and porridge has thickened, 3 to 5 minutes. Season with additional salt if needed and let the porridge cool slightly.
- 4 Heat the oil in a small pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Season with salt, if needed.
- 5 To serve, transfer the porridge to a bowl and top with the cooked egg. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional water until desired consistency is reached.

More Flavor: Add garlic powder or fresh herbs.

Additional Toppings: Top with sliced green onions, fresh parsley, black pepper or nutritional yeast.

Make it Vegan: Omit the egg.



Kale & Millet Egg Bake

2 servings

55 minutes

Ingredients

- 1/2 cup Millet (dry)
- 3/4 cup Vegetable Broth
- 2/3 cup Kale Leaves (chopped)
- 1/3 Orange Bell Pepper (medium, chopped)
- 2 2/3 tbsps Cottage Cheese
- 2 Egg (whisked)
- 2 2/3 tbsps Cow's Milk, Whole
- 1/3 tsp Garlic Powder
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	277
Fat	8g
Carbs	36g
Fiber	4g
Sugar	2g
Protein	14g
Cholesterol	191mg
Sodium	414mg
Vitamin A	945IU
Vitamin C	64mg
Calcium	95mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Grease a baking dish or line with parchment paper.
- 2 Cook the millet with the broth, according to package directions. When done, transfer to a large bowl and allow to cool.
- 3 Combine all of the remaining ingredients with the millet and stir to combine.
- 4 Transfer to the prepared baking dish. Bake in the oven for 30 minutes, until it has risen and browned on the top. Enjoy!

Notes

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

Serving Size: A 9 x 9-inch baking dish was used to create six servings. One serving is equal to one square.

More Flavor: Add italian seasoning.



Smashed Chickpea Salad with Tahini Dressing

1 serving
10 minutes

Ingredients

- 3/4 cup Chickpeas (cooked, rinsed)
- 1/2 Apple (finely chopped)
- 1 stalk Celery (finely chopped)
- 1 tbsp Tahini
- 1 tbsp Water
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/2 Garlic (clove, small, minced)

Nutrition

Amount per serving	
Calories	351
Fat	12g
Carbs	53g
Fiber	14g
Sugar	17g
Protein	14g
Cholesterol	0mg
Sodium	650mg
Vitamin A	274IU
Vitamin C	16mg
Calcium	151mg
Iron	5mg

Directions

- 1 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 2 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 3 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

Notes

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

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

More Flavor: Add Dijon mustard or maple syrup to the dressing. Stir in fresh parsley or green onion.

Apple: This recipe was created using Granny Smith apples.

Serve it With: Cucumber slices, whole grain crackers, as a sandwich filling or on top of baby greens.



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.



Granola, Yogurt & Berry Snack Box

4 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 4 cups Strawberries (sliced)
- 1 1/3 cups Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g
Cholesterol	17mg
Sodium	82mg
Vitamin A	650IU
Vitamin C	93mg
Calcium	304mg
Iron	3mg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

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

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Spaghetti Squash with Spinach & Chickpeas

2 servings

50 minutes

Ingredients

1/2 Spaghetti Squash (medium)
1 tbsp Extra Virgin Olive Oil (divided)
1/2 Garlic (clove, minced)
2 tbsps Sun Dried Tomatoes (drained)
1 1/2 cups Baby Spinach
1 cup Chickpeas (cooked)
1 1/2 tps Lemon Juice
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Feta Cheese (optional, crumbled)

Nutrition

Amount per serving	
Calories	286
Fat	12g
Carbs	37g
Fiber	9g
Sugar	5g
Protein	11g
Cholesterol	11mg
Sodium	173mg
Vitamin A	2610IU
Vitamin C	22mg
Calcium	165mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes. Remove the squash from the oven and let cool. Use a fork to shred the flesh into noodles.
- 3 In a pan over medium-low heat, add half of the extra virgin olive oil and sauté the garlic for 30 seconds. Then add the sun dried tomatoes and spinach. Sauté until the spinach is wilted. Add the chickpeas, lemon juice, sea salt, black pepper, remaining olive oil and the squash noodles. Toss to coat.
- 4 Divide the noodle mixture between plates and add the feta cheese on top. Serve and enjoy!

Notes

Dairy-Free: Use capers or nutritional yeast instead of feta cheese.

No Spinach: Use kale or Swiss chard instead.

No Sun Dried Tomatoes: Use sliced olives instead.

Leftovers: Store in an airtight container in the fridge for 3 to 4 days.



Hummus Pasta

2 servings

15 minutes

Ingredients

113 grams Chickpea Pasta (dry)
1/3 cup Frozen Edamame
1/2 tsp Extra Virgin Olive Oil
1/3 cup Cherry Tomatoes (halved)
1 1/4 cups Arugula
1 1/2 tps Lemon Juice
1/3 cup Hummus
1 tsp Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	340
Fat	14g
Carbs	42g
Fiber	12g
Sugar	7g
Protein	21g
Cholesterol	0mg
Sodium	341mg
Vitamin A	626IU
Vitamin C	9mg
Calcium	100mg
Iron	7mg

Directions

- 1 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 2 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of pasta.

Additional Toppings: Top with chopped parsley and a drizzle of olive oil.



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.



Teriyaki Tofu Bowl

2 servings
40 minutes

Ingredients

2/3 cup Brown Rice
227 grams Tofu (extra-firm, pressed, and cubed)
1 1/2 tsps Avocado Oil
2 1/2 tsps Tamari (divided)
1 1/2 tsps Arrowroot Powder
1 tbsp Rice Vinegar
2 1/4 tsps Coconut Sugar
1/4 tsp Ginger (minced)
2 tsps Water

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	52g
Fiber	3g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	1265mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	331mg
Iron	4mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

Coconut Sugar: Use another type of sugar, such as honey, maple syrup or brown sugar.

More Flavor: Add chili flakes or sriracha to the sauce.

Additional Toppings: Top with sesame seeds and/or green onions.



Chicken Soba Noodle Soup

2 servings

1 hour

Ingredients

- 113 grams Chicken Leg, Bone-in (skin on)
- 3 cups Water
- 1 tbsp Ginger (sliced)
- 1/8 tsp Fish Sauce
- 1/2 tsp Sea Salt
- 100 grams Buckwheat Soba Noodles
- 1 cup Bok Choy (quartered)
- 1/2 Lime (quartered)

Nutrition

Amount per serving	
Calories	367
Fat	10g
Carbs	38g
Fiber	1g
Sugar	1g
Protein	16g
Cholesterol	56mg
Sodium	854mg
Vitamin A	1614IU
Vitamin C	19mg
Calcium	78mg
Iron	1mg

Directions

- 1 In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
- 2 Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
- 4 Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

Notes

Leftovers: Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

Serving Size: Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

More Flavor: Add cinnamon sticks, star anise or cloves to the broth.

Additional Toppings: Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

Make it Vegan: Use shiitake mushrooms and tofu instead of chicken.



Roasted Red Pepper & Tomato Lentil Soup

2 servings
45 minutes

Ingredients

- 3/4 Tomato (cut in half)
- 1 1/4 Red Bell Pepper (halved and seeds removed)
- 1/3 Sweet Onion (coarsley chopped)
- 1 1/4 Garlic (cloves)
- 1 1/4 tsps Extra Virgin Olive Oil
- 1/3 cup Dry Red Lentils (uncooked)
- 1 1/4 cups Water
- 1 1/4 cups Vegetable Broth
- 1/3 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/3 tsp Oregano
- 1 2/3 tbsps Cashews (raw, unsalted)

Nutrition

Amount per serving	
Calories	273
Fat	7g
Carbs	42g
Fiber	9g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	896mg
Vitamin A	3221IU
Vitamin C	103mg
Calcium	58mg
Iron	5mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens: Top with chopped baby spinach.



Tofu Veggie Summer Rolls

1 serving
15 minutes

Ingredients

- 2 1/4 tsps Honey
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Water (hot)
- 1 1/2 tsps Lime Juice
- 2 Rice Paper Wraps
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/4 Red Bell Pepper (medium, sliced)
- 1/8 Cucumber (sliced)
- 170 grams Tofu (extra firm, pressed, sliced)

Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g
Cholesterol	0mg
Sodium	758mg
Vitamin A	1472IU
Vitamin C	67mg
Calcium	513mg
Iron	4mg

Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu 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.
- 3 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, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

No Honey: Use sugar, maple syrup, or your sweetener of choice instead.

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