































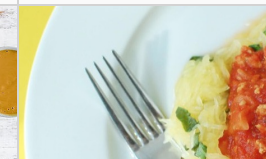


























EXERCISE
with Style

30 Day Balanced 1500 Calorie
Meal Plan PDF (Week 2)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Whipped Ricotta & Strawberry Toast	 Whipped Ricotta & Strawberry Toast	 Whipped Ricotta & Strawberry Toast	 Kale, Bacon & Eggs	 Kale, Bacon & Eggs	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge
Snack 1	 Socca Flatbread	 1.5 Socca Flatbread	 2 Socca Flatbread	 Waffle, Egg & Fruit Breakfast Box	 Waffle, Egg & Fruit Breakfast Box	 Waffle, Egg & Fruit Breakfast Box	 Waffle, Egg & Fruit Breakfast Box
Lunch	 Smashed Edamame & Mushroom Sandwich	 Zucchini White Bean Roll Ups	 Veggie & Feta Zucchini Boats	 Quick Chana Masala	 Peanut Butter Curry Chickpea Stew	 Kimchi & Tofu Rice Bowls	 Slow Cooker Bolognese with Spaghetti Squash
Snack 2	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Goat Milk Yogurt & Banana	 Sardine Toast with Tomato & Onion	 0.5 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion
Dinner	 Zucchini White Bean Roll Ups	 Veggie & Feta Zucchini Boats	 Quick Chana Masala	 Peanut Butter Curry Chickpea Stew	 Kimchi & Tofu Rice Bowls	 Slow Cooker Bolognese with Spaghetti Squash	 Pressure Cooker Cauliflower Soup

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 32%	 34%	 35%	 39%	 42%	 32%	 32%
Carbs	 50%	 48%	 48%	 43%	 40%	 45%	 45%
Protein	 18%	 18%	 17%	 18%	 18%	 23%	 23%
Calories	1529	1495	1418	1495	1522	1510	1519
Fat	54g	58g	56g	67g	74g	55g	55g
Carbs	195g	185g	174g	163g	155g	174g	176g
Fiber	40g	48g	38g	39g	30g	32g	40g
Sugar	43g	52g	51g	40g	33g	48g	51g
Protein	71g	70g	64g	70g	72g	90g	89g
Cholesterol	73mg	103mg	103mg	440mg	420mg	310mg	310mg
Sodium	1290mg	1529mg	2076mg	2642mg	2987mg	2481mg	2421mg
Vitamin A	2678IU	3879IU	2774IU	11567IU	10885IU	3879IU	4371IU
Vitamin C	106mg	164mg	126mg	171mg	159mg	188mg	263mg
Calcium	842mg	1066mg	898mg	646mg	866mg	1268mg	976mg
Iron	14mg	13mg	12mg	19mg	19mg	20mg	21mg

Fruits

- 1 1/2 Banana
- 1/2 Lemon
- 1 tsp Lemon Juice
- 1/2 Lime
- 5 1/2 cups Strawberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Almond Butter

Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 1/4 cup Cashews
- 2 tps Chana Masala Spice Blend
- 2 1/2 tps Cinnamon
- 1/2 tsp Coriander
- 1/2 tsp Cumin
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tps Turmeric

Frozen

- 2 cups Frozen Berries
- 1/2 cup Frozen Edamame
- 180 grams Gluten-Free Waffle

Vegetables

- 1/3 cup Arugula
- 1/2 cup Basil Leaves
- 1 1/2 Carrot
- 1/4 head Cauliflower
- 2/3 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1/4 Cucumber
- 6 1/2 Garlic
- 1 tbsp Ginger
- 1 cup Kale Leaves
- 2 1/4 tps Mint Leaves
- 2/3 cup Mushrooms
- 3/4 Red Bell Pepper
- 3 1/2 tbsps Red Onion
- 1/2 Spaghetti Squash
- 1/4 Sweet Onion
- 2 grams Thyme Sprigs
- 2 Tomato
- 1 2/3 Yellow Onion
- 4 1/2 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 1/2 cup Cannellini Beans
- 3 1/2 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 112 grams Sardines
- 2 cups Vegetable Broth
- 3 cups White Navy Beans

Baking

- 1 1/2 tps Arrowroot Powder
- 1 2/3 cups Chickpea Flour
- 2 1/4 tps Nutritional Yeast
- 1/2 cup Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 3 slices Bacon
- 227 grams Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 1 1/2 cups Ricotta Cheese
- 99 grams Sourdough Bread
- 243 grams Tofu
- 7 slices Whole Grain Bread

Condiments & Oils

- 3 1/2 tps Avocado Oil
- 1 tbsp Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 2/3 tps Italian Dressing
- 1 cup Kimchi
- 1/4 cup Pesto
- 1 1/2 tps Rice Vinegar
- 2 tps Sunflower Seed Butter
- 1 1/2 tps Tamari
- 1 1/2 cups Tomato Sauce

Cold

- 6 1/16 Egg
- 1 cup Egg Whites
- 1 1/2 cups Plain Goat Milk Yogurt
- 2 cups Unsweetened Almond Milk

Other

- 2 1/3 cups Water



Whipped Ricotta & Strawberry Toast

3 servings
10 minutes

Ingredients

- 1 1/2 cups Ricotta Cheese
- 3 slices Whole Grain Bread (toasted)
- 1 1/2 cups Strawberries (sliced)
- 1 tbsp Raw Honey
- 2 1/4 tsps Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	339
Fat	15g
Carbs	38g
Fiber	5g
Sugar	12g
Protein	15g
Cholesterol	61mg
Sodium	295mg
Vitamin A	577IU
Vitamin C	43mg
Calcium	310mg
Iron	2mg

Directions

- 1 In a food processor, whip the ricotta until it is creamy, fluffy, and smooth, about one to two minutes.
- 2 Spread the whipped ricotta onto the toast. Top with the strawberries, honey, and fresh mint. Enjoy!

Notes

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

Serving Size: One serving equals one piece of toast.

More Flavor: Try other berries or fresh fruits in place of the strawberries.

Additional Toppings: Use fresh thyme instead of mint. Use maple syrup instead of honey.



Kale, Bacon & Eggs

2 servings
25 minutes

Ingredients

3 slices Bacon (chopped)
1 tbsp Avocado Oil
1 cup Kale Leaves (chopped)
1/2 Carrot (shredded)
2 Egg
1 tbsp Nutritional Yeast
Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	325
Fat	28g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	15g
Cholesterol	214mg
Sodium	415mg
Vitamin A	3338IU
Vitamin C	11mg
Calcium	65mg
Iron	2mg

Directions

- 1 In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until the bacon is cooked through.
- 2 In a separate skillet, heat the avocado oil over medium heat. Once the oil is warm, add the kale and carrots and cook for 3 to 5 minutes.
- 3 Make two spaces in the kale mixture and crack the eggs into each space. Add the bacon and season with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 4 Divide between plates, serve and enjoy!

Notes

Leftovers: The eggs are best enjoyed on the same day. Refrigerate in an airtight container for up to three days.

No Kale: Use another leafy green like spinach or Swiss chard instead.

Make it Vegan: Use black beans, lentils or tofu instead of eggs.



Mixed Berry Protein Porridge

2 servings
15 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



Socca Flatbread

5 servings
1 hour 10 minutes

Ingredients

- 1 2/3 cups Chickpea Flour
- 1 2/3 cups Water
- 2 1/2 tbsps Avocado Oil (divided)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	181
Fat	9g
Carbs	18g
Fiber	3g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	218mg
Vitamin A	13IU
Vitamin C	0mg
Calcium	22mg
Iron	1mg

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two thirds of the oil and salt together until smooth. Let the batter sit for 1 hour.
- 2 About 10 minutes before the batter is done resting, preheat the oven to 450°F (232°C) and place a 10-inch cast iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil into the pan and swirl to coat. Pour the batter into the pan and place under the broiler for 5 to 7 minutes or until the edges have browned and the top of the flatbread is firm.
- 4 Carefully remove the socca from the pan, slice and serve immediately. Enjoy!

Notes

Leftovers: Store leftover socca in the fridge for up to three days. Reheat in the oven or toaster until just warmed through and crisp.

Serving Size: One serving is approximately two pieces of socca, or about 1/3 of the flatbread when cooked in a 10-inch pan.

More Flavor: Add dried herbs and spices to the batter, like Italian seasoning, dried oregano, garlic powder or onion powder.



Waffle, Egg & Fruit Breakfast Box

4 servings

15 minutes

Ingredients

- 4 Egg
- 180 grams Gluten-Free Waffle (toasted, cut in half)
- 4 cups Strawberries (sliced)

Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	31g
Fiber	4g
Sugar	8g
Protein	8g
Cholesterol	186mg
Sodium	300mg
Vitamin A	289IU
Vitamin C	85mg
Calcium	69mg
Iron	2mg

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when it is cool enough to handle.
- 3 Arrange the waffle, hardboiled egg, and strawberries in a container. Enjoy!

Notes

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

Additional Toppings: Sprinkle hemp seeds over the strawberries. Add almond butter or sunflower seed butter to the waffles. Add walnuts or pumpkin seeds.

Make it Vegan: Omit the egg and add nuts or granola instead.

Gluten-Free Waffle: One gluten-free waffle is roughly 1 2/3-ounces or 45-grams.



Smashed Edamame & Mushroom Sandwich

1 serving
20 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil (divided)
2/3 cup Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
1/2 cup Frozen Edamame (thawed)
1 tsp Lemon Juice
1/3 cup Arugula
99 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	418
Fat	11g
Carbs	57g
Fiber	7g
Sugar	3g
Protein	21g
Cholesterol	0mg
Sodium	487mg
Vitamin A	389IU
Vitamin C	11mg
Calcium	62mg
Iron	5mg

Directions

- 1 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 2 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 3 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

Notes

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

Serving Size: One serving is equal to one sandwich.

More Flavor: Add chili flakes and onion powder.

Additional Toppings: Add cucumber and tomato.

Gluten-Free: Use gluten-free bread instead of sourdough.

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



Goat Milk Yogurt & Banana

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Goat Milk Yogurt
- 1 1/2 Banana (medium, sliced)

Nutrition

Amount per serving	
Calories	142
Fat	5g
Carbs	19g
Fiber	2g
Sugar	13g
Protein	6g
Cholesterol	12mg
Sodium	71mg
Vitamin A	288IU
Vitamin C	7mg
Calcium	178mg
Iron	0mg

Directions

- 1 Add the yogurt to a bowl and top with the banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container and consume within two days.

Serving Size: One serving is half a cup of yogurt and half a medium banana.

More Flavor: Swirl peanut butter or jam through the yogurt.

Additional Toppings: Cacao nibs, hemp seeds, or a drizzle of honey.



Sardine Toast with Tomato & Onion

4 servings

5 minutes

Ingredients

- 4 slices Whole Grain Bread (toasted)
- 2 Tomato (small, sliced)
- 112 grams Sardines (drained, halved lengthwise)
- 1/4 Sweet Onion (medium, thinly sliced)
- 1/4 cup Basil Leaves
- 1/2 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	40mg
Sodium	268mg
Vitamin A	1001IU
Vitamin C	13mg
Calcium	161mg
Iron	2mg

Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

More Flavor: Rub garlic on the toast. Add mayonnaise or butter.

Additional Toppings: Add olive oil, salt, or pepper to taste.

No Sardines: Use tuna or mackerel instead.



Zucchini White Bean Roll Ups

2 servings

1 hour

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	449
Fat	14g
Carbs	63g
Fiber	23g
Sugar	12g
Protein	22g
Cholesterol	0mg
Sodium	219mg
Vitamin A	1411IU
Vitamin C	45mg
Calcium	270mg
Iron	6mg

Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans: Use chickpeas 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.



Peanut Butter Curry Chickpea Stew

2 servings
45 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (grated)
- 1/2 tsp Cumin
- 1/2 tsp Coriander
- 1/2 tsp Cinnamon
- 1 1/2 tsps Turmeric
- 2 tbsps Water
- 2 tbsps All Natural Peanut Butter
- 1 cup Vegetable Broth
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 Red Bell Pepper (sliced)
- 1/2 Zucchini (sliced)
- 1 Carrot (medium, peeled and sliced)
- 2 cups Chickpeas (cooked)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	467
Fat	17g
Carbs	63g
Fiber	17g
Sugar	17g
Protein	21g
Cholesterol	0mg

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

- Leftovers:** Store in the fridge up to 4 days or freeze.
Serving Size: One serving is approximately 2 cups.

Sodium	1002mg
Vitamin A	6639IU
Vitamin C	55mg
Calcium	260mg
Iron	8mg



Kimchi & Tofu Rice Bowls

2 servings
35 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
243 grams Tofu (extra-firm, pressed and cubed)
1 1/2 tbsps Tamari (divided)
1 1/2 tbsps Rice Vinegar (divided)
1 1/2 tsps Arrowroot Powder
2 tbsps Sunflower Seed Butter
1 tbsp Water
1 cup Kimchi
1/4 Cucumber (thinly sliced)

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	46g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	1136mg
Vitamin A	118IU
Vitamin C	1mg
Calcium	391mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 3 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. 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, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 5 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!

Notes

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

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

Additional Toppings: Sunflower seeds, sesame seeds, or cilantro.

No Sunflower Seed Butter: Use peanut butter or almond butter.



Slow Cooker Bolognese with Spaghetti Squash

2 servings

8 hours

Ingredients

3/4 tsp Extra Virgin Olive Oil
227 grams Extra Lean Ground Turkey
1/2 Yellow Onion (diced)
2 1/2 Garlic (cloves, minced)
1 1/2 cups Diced Tomatoes (drained)
1 1/2 cups Crushed Tomatoes
1 1/2 Bay Leaf
1/2 tsp Oregano
1/2 Spaghetti Squash
1/4 cup Basil Leaves (chopped)
1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	35g
Fiber	8g
Sugar	15g
Protein	27g
Cholesterol	84mg
Sodium	452mg
Vitamin A	2089IU
Vitamin C	49mg
Calcium	183mg
Iron	7mg

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables: Add diced green pepper and mushrooms.

Vegetarian: Use lentils instead of ground turkey.

More Carbs: Use brown rice pasta instead of spaghetti squash.

No Slow Cooker: Make it on the stovetop and let simmer for at least an hour.



Pressure Cooker Cauliflower Soup

1 serving
25 minutes

Ingredients

- 1/8 Yellow Onion (medium, chopped)
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Vegetable Broth
- 1/2 cup Cannellini Beans (drained, rinsed)
- 1/4 cup Cashews (raw)
- 1/4 head Cauliflower (small, chopped into florets)
- 1 1/4 tbsps Nutritional Yeast
- 2 grams Thyme Sprigs

Nutrition

Amount per serving	
Calories	410
Fat	17g
Carbs	48g
Fiber	13g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	1076mg
Vitamin A	610IU
Vitamin C	76mg
Calcium	99mg
Iron	7mg

Directions

- 1 Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
- 2 Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
- 3 Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 4 Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add bay leaves and rosemary to the pressure cooker.

Additional Toppings: Squeeze lemon juice and/or add lemon zest on top.