































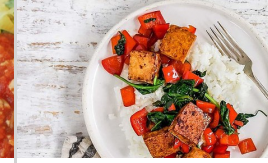



























EXERCISE
with Style

30 Day Balanced 1500 Calorie
Meal Plan PDF (Week 4)

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

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|---|--|--|--|---|--|
| Breakfast |  Lettuce & Tomato Bagel Sandwich |  Lettuce & Tomato Bagel Sandwich |  Lettuce & Tomato Bagel Sandwich |  Apple Cinnamon Toast |  Apple Cinnamon Toast |  0.5 Mixed Berry Protein Porridge |  Mixed Berry Protein Porridge |
| Snack 1 |  Blueberry Cobbler Smoothie |  Blueberry Cobbler Smoothie |  Blueberry Cobbler Smoothie |  0.5 Tahini Toast with Blueberries |  0.5 Tahini Toast with Blueberries |  Tahini Toast with Blueberries |  Tahini Toast with Blueberries |
| Lunch |  One Pot Mushroom, Sun Dried Tomato & Spinach... |  Pineapple Chicken Tacos |  Egyptian Fava Beans with Tahini |  Quinoa Chickpea Stuffed Squash |  Slow Cooker Bolognese with Spaghetti Squash |  Tofu Spinach Stir Fry |  Kimchi & Tofu Rice Bowls |
| Snack 2 |  1.5 Winter Berry Smoothie |  1.5 Winter Berry Smoothie |  Winter Berry Smoothie |  Kefir & Granola Bowl |  Kefir & Granola Bowl |  Kefir & Granola Bowl |  Kefir & Granola Bowl |
| Dinner |  Pineapple Chicken Tacos |  Egyptian Fava Beans with Tahini |  Quinoa Chickpea Stuffed Squash |  Slow Cooker Bolognese with Spaghetti Squash |  Tofu Spinach Stir Fry |  Kimchi & Tofu Rice Bowls |  Veggie & Feta Zucchini Boats |

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| Fat  26% | Fat  27% | Fat  28% | Fat  33% | Fat  33% | Fat  34% | Fat  34% |
| Carbs  56% | Carbs  54% | Carbs  55% | Carbs  49% | Carbs  48% | Carbs  49% | Carbs  47% |
| Protein  18% | Protein  19% | Protein  17% | Protein  18% | Protein  19% | Protein  17% | Protein  19% |
| Calories 1561 | Calories 1525 | Calories 1491 | Calories 1528 | Calories 1556 | Calories 1487 | Calories 1505 |
| Fat 46g | Fat 47g | Fat 48g | Fat 58g | Fat 59g | Fat 58g | Fat 58g |
| Carbs 227g | Carbs 214g | Carbs 217g | Carbs 194g | Carbs 196g | Carbs 188g | Carbs 182g |
| Fiber 32g | Fiber 37g | Fiber 36g | Fiber 36g | Fiber 31g | Fiber 26g | Fiber 39g |
| Sugar 71g | Sugar 64g | Sugar 50g | Sugar 56g | Sugar 57g | Sugar 43g | Sugar 57g |
| Protein 74g | Protein 76g | Protein 65g | Protein 72g | Protein 75g | Protein 68g | Protein 76g |
| Cholesterol 123mg | Cholesterol 107mg | Cholesterol 62mg | Cholesterol 106mg | Cholesterol 89mg | Cholesterol 5mg | Cholesterol 35mg |
| Sodium 2274mg | Sodium 1740mg | Sodium 1753mg | Sodium 1336mg | Sodium 1747mg | Sodium 2364mg | Sodium 2347mg |
| Vitamin A 9292IU | Vitamin A 7059IU | Vitamin A 7435IU | Vitamin A 4731IU | Vitamin A 8516IU | Vitamin A 6704IU | Vitamin A 2395IU |
| Vitamin C 193mg | Vitamin C 183mg | Vitamin C 136mg | Vitamin C 93mg | Vitamin C 150mg | Vitamin C 120mg | Vitamin C 120mg |
| Calcium 1530mg | Calcium 1462mg | Calcium 1235mg | Calcium 862mg | Calcium 972mg | Calcium 1292mg | Calcium 1465mg |
| Iron 17mg | Iron 18mg | Iron 18mg | Iron 18mg | Iron 17mg | Iron 16mg | Iron 16mg |

Fruits

- 1 Apple
- 1/2 Avocado
- 3 1/2 cups Blueberries
- 3 1/4 tbsps Lemon Juice
- 1/2 Lime
- 2 Navel Orange
- 2/3 cup Pineapple

Breakfast

- 1/3 cup Almond Butter
- 1 cup Granola

Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 1 1/4 tbsps Cinnamon
- 1/3 tsp Cumin
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Taco Seasoning

Frozen

- 5 cups Frozen Berries

Vegetables

- 1 Acorn Squash
- 8 3/4 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1/3 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1/4 Cucumber
- 2 1/2 Garlic
- 1/3 head Iceberg Lettuce
- 1/2 Jalapeno Pepper
- 1 1/8 Red Bell Pepper
- 1 3/4 tbsps Red Onion
- 2 tbsps Shallot
- 3/4 cup Shiitake Mushrooms
- 1/2 Spaghetti Squash
- 1 1/2 Tomato
- 3/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 2/3 cup Chicken Broth
- 3/4 cup Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 2 1/16 cups Fava Beans
- 3/4 cup Jasmine Rice
- 1/3 cup Orzo
- 1/3 cup Quinoa
- 1/2 cup White Navy Beans

Baking

- 1 1/2 tsps Arrowroot Powder
- 1 cup Oats
- 3 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- 3 Bagel
- 170 grams Chicken Breast
- 4 Corn Tortilla
- 1/3 cup Cream Cheese, Regular
- 227 grams Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 2 tbsps Parmigiano Reggiano
- 443 grams Tofu
- 7 slices Whole Grain Bread

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 3 1/16 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Italian Dressing
- 1 cup Kimchi
- 1 1/2 tbsps Rice Vinegar
- 2 tbsps Sun Dried Tomatoes
- 2 tbsps Sunflower Seed Butter
- 1/3 cup Tahini
- 3 tbsps Tamari

Cold

- 1 1/2 cups Cottage Cheese
- 1 cup Egg Whites
- 2 cups Plain Kefir
- 4 1/2 cups Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Cashew Milk

Other

- 1/3 cup Water



Lettuce & Tomato Bagel Sandwich

3 servings

10 minutes

Ingredients

1/3 cup Cream Cheese, Regular
3 Bagel (plain, toasted)
1 1/2 Tomato (medium, sliced)
1/3 head Iceberg Lettuce (small, leaves pulled apart)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 384 |
| Fat | 10g |
| Carbs | 60g |
| Fiber | 3g |
| Sugar | 11g |
| Protein | 14g |
| Cholesterol | 27mg |
| Sodium | 604mg |
| Vitamin A | 1169IU |
| Vitamin C | 11mg |
| Calcium | 266mg |
| Iron | 5mg |

Directions

- 1 Spread the cream cheese onto the bagel. Top with tomato slices and iceberg lettuce. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is one bagel.

Gluten-Free: Use a gluten-free bagel.

Dairy-Free: Use mayonnaise or hummus instead of cream cheese.

More Flavor: Add mustard, cucumbers, sprouts, or your protein of choice.



Apple Cinnamon Toast

2 servings

5 minutes

Ingredients

3 tbsps Almond Butter
4 slices Whole Grain Bread (toasted)
1 Apple (sliced)
1/4 tsp Cinnamon

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 411 |
| Fat | 17g |
| Carbs | 53g |
| Fiber | 11g |
| Sugar | 16g |
| Protein | 16g |
| Cholesterol | 0mg |
| Sodium | 317mg |
| Vitamin A | 50IU |
| Vitamin C | 4mg |
| Calcium | 174mg |
| Iron | 3mg |

Directions

- 1 Spread the almond butter over the bread and top with apple slices and sprinkle with cinnamon. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made.

Gluten-Free: Use gluten-free bread.

Nut-Free: Use tahini or sunflower seed butter.

Additional Toppings: Chopped dates, maple syrup, sliced almonds, shredded coconut, or hemp seeds.



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.



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.



Tahini Toast with Blueberries

3 servings

5 minutes

Ingredients

- 3 tbsps Tahini
- 3 slices Whole Grain Bread (toasted)
- 1 cup Blueberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 227 |
| Fat | 10g |
| Carbs | 28g |
| Fiber | 6g |
| Sugar | 8g |
| Protein | 8g |
| Cholesterol | 0mg |
| Sodium | 175mg |
| Vitamin A | 37IU |
| Vitamin C | 5mg |
| Calcium | 109mg |
| Iron | 3mg |

Directions

- 1 Spread tahini over the bread and top with blueberries. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

Additional Toppings: Add sunflower seeds, hemp seeds, chia seeds, or shredded coconut.



One Pot Mushroom, Sun Dried Tomato & Spinach Orzo

1 serving
25 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 3/4 cup Shiitake Mushrooms (stem removed, sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Shallot (peeled, finely chopped)
- 2 tbsps Sun Dried Tomatoes (drained, chopped)
- 1/3 cup Orzo (dry)
- 2/3 cup Chicken Broth
- 3/4 cup Baby Spinach
- 2 tbsps Parmigiano Reggiano (finely grated)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 314 |
| Fat | 8g |
| Carbs | 50g |
| Fiber | 6g |
| Sugar | 10g |
| Protein | 14g |
| Cholesterol | 16mg |
| Sodium | 757mg |
| Vitamin A | 2273IU |
| Vitamin C | 11mg |
| Calcium | 197mg |
| Iron | 3mg |

Directions

- 1 Heat a large dutch oven over medium heat. Add the oil. Once hot, add the mushrooms and cook, stirring often, until browned. Season with salt and pepper.
- 2 Add the shallot and sun dried tomatoes and cook until softened, about two to three minutes. Add the orzo and stir to combine. Add the broth and bring to a low boil. Cook for nine to ten minutes, stirring frequently to avoid any sticking, until the orzo is cooked al dente and most of the liquid has been absorbed.
- 3 Turn the heat to low and stir in the spinach and parmesan cheese. Divide evenly between plates. Season with salt and pepper, if needed. Enjoy!

Notes

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

Serving Size: One serving is about one cup.

Make it Vegan: Use vegetable broth. Use nutritional yeast instead of cheese, or vegan cheese shreds.

More Flavor: Add garlic and/or herbs such as thyme or rosemary.

Additional Toppings: Chopped parsley.

No Shiitake Mushrooms: Use cremini or any other type of mushroom.



Winter Berry Smoothie

4 servings
10 minutes

Ingredients

3 cups Unsweetened Almond Milk
2 tbsps Ground Flax Seed
2 tbsps Hemp Seeds
2 Navel Orange (peeled and sectioned)
3 cups Frozen Berries
4 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 168 |
| Fat | 6g |
| Carbs | 27g |
| Fiber | 8g |
| Sugar | 17g |
| Protein | 6g |
| Cholesterol | 0mg |
| Sodium | 145mg |
| Vitamin A | 3361IU |
| Vitamin C | 80mg |
| Calcium | 426mg |
| Iron | 3mg |

Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



Kefir & Granola Bowl

4 servings

5 minutes

Ingredients

- 2 cups Plain Kefir
- 1 cup Granola
- 1 cup Blueberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 240 |
| Fat | 9g |
| Carbs | 30g |
| Fiber | 4g |
| Sugar | 18g |
| Protein | 10g |
| Cholesterol | 5mg |
| Sodium | 94mg |
| Vitamin A | 275IU |
| Vitamin C | 5mg |
| Calcium | 226mg |
| Iron | 1mg |

Directions

- 1 Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

Notes

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Pineapple Chicken Tacos

2 servings
30 minutes

Ingredients

- 170 grams Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tsps Cilantro
- 1/2 Lime (juiced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 369 |
| Fat | 11g |
| Carbs | 45g |
| Fiber | 7g |
| Sugar | 8g |
| Protein | 23g |
| Cholesterol | 62mg |
| Sodium | 299mg |
| Vitamin A | 241IU |
| Vitamin C | 39mg |
| Calcium | 238mg |
| Iron | 3mg |

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



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.



Quinoa Chickpea Stuffed Squash

2 servings
40 minutes

Ingredients

- 1 Acorn Squash (medium)
- 1/3 cup Quinoa (dry, uncooked)
- 1 cup Baby Spinach (packed)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 3/4 cup Chickpeas (cooked, from the can)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 419 |
| Fat | 15g |
| Carbs | 62g |
| Fiber | 10g |
| Sugar | 3g |
| Protein | 15g |
| Cholesterol | 17mg |
| Sodium | 385mg |
| Vitamin A | 2298IU |
| Vitamin C | 32mg |
| Calcium | 224mg |
| Iron | 5mg |

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
- 3 While the squash is cooking, cook the quinoa according to the directions on the package.
- 4 When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
- 5 Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

Notes

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

Likes it Spicy: Add hot sauce or chili flakes.

Dairy-Free: Omit the cheese and use sea salt to taste.

No Acorn Squash: Use a different type of squash like butternut or spaghetti.



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.



Tofu Spinach Stir Fry

2 servings

30 minutes

Ingredients

- 3/4 cup Jasmine Rice
- 200 grams Tofu (extra-firm, pressed and cubed)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Tamari (divided)
- 1 Red Bell Pepper (medium, chopped)
- 3 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 447 |
| Fat | 16g |
| Carbs | 64g |
| Fiber | 5g |
| Sugar | 4g |
| Protein | 18g |
| Cholesterol | 0mg |
| Sodium | 796mg |
| Vitamin A | 6083IU |
| Vitamin C | 89mg |
| Calcium | 334mg |
| Iron | 4mg |

Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Add in half the tamari and stir to combine.
- 3 Remove the tofu and set aside. Leave the leftover oil in the skillet.
- 4 Add the bell pepper to the skillet and cook until lightly browned, about five minutes. Lower the heat and add the spinach. Cook until wilted.
- 5 Add the tofu back to the skillet. Add the remaining tamari and stir to combine. Season with salt and pepper to taste.
- 6 Divide the rice onto plates and top with the tofu mixture. Enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup cooked rice and about 3/4 cup tofu mixture.

More Flavor: Add minced garlic, sesame oil, or oyster sauce.

Additional Toppings: Top with green onions.



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.



Veggie & Feta Zucchini Boats

1 serving
40 minutes

Ingredients

- 1 Zucchini (medium)
- 1/3 tsp Extra Virgin Olive Oil
- 1/2 cup White Navy Beans (drained, rinsed)
- 1/3 cup Cherry Tomatoes
- 1/8 Red Bell Pepper (medium, diced)
- 1 3/4 tbsps Red Onion (diced)
- 3 1/2 tbsps Feta Cheese (crumbled, divided)
- 1 1/3 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.