



















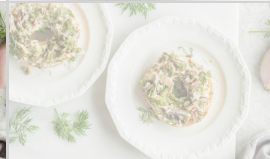
































**EXERCISE**  
*with Style*

7 Day Balanced 1000 Calorie  
Meal Plan PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Melon Smoothie	 0.5 Blueberry Melon Smoothie	 0.5 Blueberry Melon Smoothie	 0.5 Cashew Butter & Jelly Overnight Oats	 0.5 Cashew Butter & Jelly Overnight Oats	 0.5 Mixed Berry Protein Porridge	 0.5 Mixed Berry Protein Porridge
Lunch	 0.5 Tuna Noodle Casserole	 One Pot Mediterranean Mackerel Pasta	 Roasted Red Pepper & Beef Tortellini	 Korean Egg Rice	 Avocado & Tempeh Sandwich	 Grilled Tofu Pineapple Skewers with Arugula	 BBQ Chicken Pizza
Snack 2	 0.5 Fig, Goat Cheese & Prosciutto Toast	 0.5 Fig, Goat Cheese & Prosciutto Toast	 0.5 Fig, Goat Cheese & Prosciutto Toast	 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel	 Sardine & Cream Cheese Bagel
Dinner	 One Pot Mediterranean Mackerel Pasta	 Roasted Red Pepper & Beef Tortellini	 Korean Egg Rice	 Avocado & Tempeh Sandwich	 Grilled Tofu Pineapple Skewers with Arugula	 BBQ Chicken Pizza	 Cheesy Cauliflower & Broccoli Casserole

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  26%	Fat  26%	Fat  24%	Fat  31%	Fat  34%	Fat  29%	Fat  27%
Carbs  54%	Carbs  56%	Carbs  58%	Carbs  50%	Carbs  45%	Carbs  49%	Carbs  51%
Protein  20%	Protein  18%	Protein  18%	Protein  19%	Protein  21%	Protein  22%	Protein  22%
Calories 1049	Calories 1030	Calories 1049	Calories 1082	Calories 1011	Calories 1073	Calories 1072
Fat 32g	Fat 31g	Fat 29g	Fat 39g	Fat 41g	Fat 36g	Fat 33g
Carbs 148g	Carbs 152g	Carbs 156g	Carbs 144g	Carbs 123g	Carbs 136g	Carbs 141g
Fiber 21g	Fiber 17g	Fiber 15g	Fiber 23g	Fiber 23g	Fiber 16g	Fiber 23g
Sugar 54g	Sugar 40g	Sugar 40g	Sugar 17g	Sugar 37g	Sugar 48g	Sugar 35g
Protein 54g	Protein 49g	Protein 48g	Protein 53g	Protein 58g	Protein 60g	Protein 60g
Cholesterol 50mg	Cholesterol 64mg	Cholesterol 228mg	Cholesterol 248mg	Cholesterol 62mg	Cholesterol 91mg	Cholesterol 91mg
Sodium 1284mg	Sodium 1267mg	Sodium 1985mg	Sodium 2311mg	Sodium 2167mg	Sodium 2372mg	Sodium 1988mg
Vitamin A 1616IU	Vitamin A 7506IU	Vitamin A 8350IU	Vitamin A 2207IU	Vitamin A 2781IU	Vitamin A 2487IU	Vitamin A 8772IU
Vitamin C 59mg	Vitamin C 59mg	Vitamin C 58mg	Vitamin C 19mg	Vitamin C 118mg	Vitamin C 130mg	Vitamin C 193mg
Calcium 811mg	Calcium 580mg	Calcium 539mg	Calcium 557mg	Calcium 976mg	Calcium 1051mg	Calcium 684mg
Iron 8mg	Iron 11mg	Iron 11mg	Iron 12mg	Iron 13mg	Iron 11mg	Iron 12mg

**Fruits**

- 1/2 Avocado
- 4 Fig
- 1/2 Honeydew Melon
- 1 1/2 cups Pineapple
- 2 2/3 tbsps Raspberries

**Breakfast**

- 1 tbsp Almond Butter
- 1 tbsp Cashew Butter
- 1 1/16 tbsps Maple Syrup
- 1 tbsp Raspberry Jam

**Seeds, Nuts & Spices**

- 2 tbsps Cashews
- 1 tsp Chia Seeds
- 1/4 tsp Chili Flakes
- 1/2 tsp Chili Powder
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1/16 tsp Paprika
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1/4 tsp Smoked Paprika
- 1 tbsp Sunflower Seeds

**Frozen**

- 1 cup Frozen Berries
- 2 cups Frozen Blueberries
- 3 1/2 tbsps Frozen Peas
- 155 grams Pizza Dough

**Vegetables**

- 3 3/4 cups Arugula
- 1/2 cup Basil Leaves
- 1 cup Broccoli
- 1/2 cup Butternut Squash
- 1 Carrot
- 1/4 head Cauliflower
- 1 stalk Celery
- 1/2 Cucumber
- 2 tbsps Fresh Dill
- 3 Garlic
- 2 1/2 stalks Green Onion
- 1/3 cup Mushrooms
- 2 tbsps Parsley
- 1/2 Red Bell Pepper
- 2 tbsps Red Onion
- 145 grams Roasted Red Peppers
- 2 tbsps Shallot
- 1 1/4 Yellow Onion

**Boxed & Canned**

- 2/3 cup Brown Rice
- 1/3 cup Brown Rice Fusilli
- 3 tbsps Canned Coconut Milk
- 110 grams Sardines
- 1/4 can Tuna
- 128 grams Whole Wheat Linguine

**Baking**

- 2 1/4 tbsps Nutritional Yeast
- 1/2 cup Oats
- 1 1/3 tps Tapioca Flour
- 4 grams Unbleached All Purpose Flour

**Bread, Fish, Meat & Cheese**

- 198 grams Beef Tortellini
- 57 grams Canned Mackerel
- 25 grams Cheddar Cheese
- 28 grams Chicken Breast, Cooked
- 1/4 cup Cream Cheese, Regular
- 113 grams English Muffin
- 1/4 cup Goat Cheese
- 25 grams Mozzarella Cheese
- 85 grams Prosciutto
- 99 grams Sourdough Bread
- 100 grams Tempeh
- 300 grams Tofu
- 2 Whole Wheat Bagel

**Condiments & Oils**

- 1 tsp Avocado Oil
- 1 1/2 tps Balsamic Vinegar
- 1/4 cup Barbecue Sauce
- 2 tbsps Capers
- 1/3 tsp Dijon Mustard
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 1 cup Kimchi
- 1 tbsp Miso Paste
- 2 3/4 tbsps Tamari

**Cold**

- 2 Egg
- 1/2 cup Egg Whites
- 2 cups Plain Coconut Milk
- 1/2 cup Plain Greek Yogurt
- 1 1/16 cups Unsweetened Almond Milk

**Other**

- 2 Nori Sheets
- 3 1/2 tbsps Sweet Potato Chips
- 1/2 cup Vanilla Protein Powder
- 2 1/2 cups Water



## Blueberry Melon Smoothie

2 servings

2 minutes

### Ingredients

2 cups Frozen Blueberries  
1/2 Honeydew Melon (small, peeled, seeds removed, and chopped)  
2 cups Plain Coconut Milk (unsweetened, from the carton)  
1 tbsp Ground Flax Seed  
1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	351
Fat	8g
Carbs	51g
Fiber	8g
Sugar	40g
Protein	22g
Cholesterol	4mg
Sodium	120mg
Vitamin A	696IU
Vitamin C	49mg
Calcium	597mg
Iron	2mg

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately two cups.

**No Protein Powder:** Omit or use a few tablespoons of hemp seeds instead.

**Melon:** 1/4 small honeydew melon is approximately equal to one cup.



## Cashew Butter & Jelly Overnight Oats

1 serving

8 hours

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/4 cup Oats
- 1 1/2 tbsps Unsweetened Almond Milk
- 1 tsp Chia Seeds
- 1 tsp Maple Syrup
- 1 tbsp Cashew Butter
- 1 tbsp Raspberry Jam
- 2 2/3 tbsps 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.



## Mixed Berry Protein Porridge

1 serving  
15 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/4 cup Oats (rolled)  
1 cup Frozen Berries  
1 tsp Cinnamon  
1/2 cup Egg Whites  
1 tbsp 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.



## Tuna Noodle Casserole

1 serving  
45 minutes

### Ingredients

1/3 cup Brown Rice Fusilli (dry)  
1/3 cup Mushrooms (sliced)  
3 1/2 tbsps Frozen Peas  
3 tbsps Canned Coconut Milk (full fat)  
3 1/2 tbsps Unsweetened Almond Milk  
2/3 tsp Nutritional Yeast  
1/3 tsp Dijon Mustard  
1/4 tsp Sea Salt  
1 1/3 tsps Tapioca Flour  
1/4 can Tuna (drained)  
3 1/2 tbsps Sweet Potato Chips (crushed)

### Nutrition

Amount per serving	
Calories	406
Fat	14g
Carbs	53g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	13mg
Sodium	760mg
Vitamin A	946IU
Vitamin C	5mg
Calcium	119mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Prepare pasta according to the directions on the package, making sure to slightly undercook. Strain and run cold water over the pasta.
- 3 In a large saucepan over medium-high heat, add mushrooms, peas, coconut milk, almond milk, nutritional yeast, mustard and salt. Once boiling, reduce heat to a simmer.
- 4 Whisk in tapioca flour. Continue simmering until the sauce thickens, about 10 minutes.
- 5 Add tuna and cooked pasta to the sauce and mix well. Transfer to a baking dish and sprinkle crushed chips overtop. Bake on the lowest rack for 20 minutes. Let cool before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. The sauce can also be stored separately in the freezer for future use. Add a splash of almond milk, water or broth when reheating.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**No Tuna:** Use edamame, chicken or chickpeas instead.

**No Tapioca Flour:** Use arrowroot powder or cornstarch instead.





## Fig, Goat Cheese & Prosciutto Toast

2 servings

5 minutes

### Ingredients

1/4 cup Goat Cheese  
99 grams Sourdough Bread (toasted)  
4 Fig (sliced)  
85 grams Prosciutto (thinly sliced, torn into bite sized pieces)

### Nutrition

Amount per serving	
Calories	324
Fat	9g
Carbs	44g
Fiber	4g
Sugar	17g
Protein	18g
Cholesterol	35mg
Sodium	1094mg
Vitamin A	142IU
Vitamin C	3mg
Calcium	45mg
Iron	2mg

### Directions

- 1 Spread the goat cheese over the sourdough bread. Top with figs and prosciutto. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is equal to one slice of toast.

**More Flavor:** Add chili flakes, honey, and/or extra virgin olive oil.

**Gluten-Free:** Use gluten-free bread instead.

**Dairy-Free:** Use dairy-free cheese. Omit the cheese and use hummus instead.

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



## Sardine & Cream Cheese Bagel

4 servings

10 minutes

### Ingredients

1/4 cup Cream Cheese, Regular  
2 Whole Wheat Bagel (lightly toasted)  
110 grams Sardines (drained)  
2 tbsps Shallot (thinly chopped)  
2 tbsps Capers (drained, chopped)  
2 tbsps Fresh Dill (chopped finely)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	270
Fat	8g
Carbs	34g
Fiber	3g
Sugar	5g
Protein	15g
Cholesterol	53mg
Sodium	539mg
Vitamin A	57IU
Vitamin C	1mg
Calcium	133mg
Iron	3mg

### Directions

1

Spread the cream cheese onto the bagel. Top with the sardines, shallots, capers, and dill. Season with salt and pepper, to taste. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to half a bagel.

**No Shallots:** Use chives, green onions, or pickled onions instead.

**No Sardines:** Use smoked salmon, smoked oysters, or mackerel instead.

**Gluten-Free:** Use a gluten-free bagel

**Dairy-Free:** Use dairy-free cream cheese.



## One Pot Mediterranean Mackerel Pasta

2 servings

20 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
1 1/2 Garlic (cloves, sliced thin)  
57 grams Canned Mackerel (skinless, boneless)  
1/4 tsp Chili Flakes  
128 grams Whole Wheat Linguine  
1 1/3 cups Water  
1/4 cup Green Olives  
Sea Salt & Black Pepper (to taste)  
2 tbsps Parsley (finely chopped)

### Nutrition

Amount per serving	
Calories	333
Fat	12g
Carbs	48g
Fiber	7g
Sugar	2g
Protein	15g
Cholesterol	22mg
Sodium	237mg
Vitamin A	376IU
Vitamin C	6mg
Calcium	132mg
Iron	4mg

### Directions

- 1 In a large pot over medium-low heat, add the oil. Once hot, add the garlic and cook for one to two minutes until fragrant, stirring often. Then add the mackerel and chili flakes. Stir until warmed through.
- 2 Add the linguine and water to the pot. Bring it to a boil. Continue cooking for eight to 10 minutes, stirring often to prevent the pasta from sticking.
- 3 Add the olives and season with salt and pepper to taste. Mix well. Divide onto plates and top with parsley. Serve and enjoy!

### Notes

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

**No Canned Mackerel:** Use freshly cooked mackerel or another canned fish like tuna.

**Cooking Tip:** If the pasta is too dry, add more water as needed when cooking. If the pasta seems too watery, use a ladle to discard any extra water.

**More Flavor:** Add lemon juice and/or zest.

**Additional Toppings:** Add capers to the pot while cooking the garlic.

**Make it Vegan:** Omit the mackerel.



## Roasted Red Pepper & Beef Tortellini

2 servings

15 minutes

### Ingredients

- 1 Yellow Onion (small, diced)
- 1 Carrot (large, diced)
- 1 stalk Celery (diced)
- 1 Garlic (clove, chopped finely)
- 145 grams Roasted Red Peppers (drained, chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Water
- 198 grams Beef Tortellini
- 1/2 cup Basil Leaves (chopped)
- 1 tbsp Sunflower Seeds

### Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	56g
Fiber	4g
Sugar	9g
Protein	14g
Cholesterol	22mg
Sodium	423mg
Vitamin A	6711IU
Vitamin C	27mg
Calcium	127mg
Iron	5mg

### Directions

- 1 In a skillet, over medium heat, cook the onion, carrot, and celery. Add a splash of the water as needed and cook for about five minutes or until tender. Add the garlic and the peppers and cook for another minute. Season generously with salt and pepper.
- 2 Add the water and bring to a boil. Stir in the tortellini and bring back to a boil. Reduce the heat and simmer, covered, for three to four minutes or until the tortellini are tender.
- 3 Divide the tortellini mixture evenly between bowls. Top with the basil and sunflower seeds. Season with salt and pepper, if needed, and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.



## Korean Egg Rice

2 servings  
25 minutes

### Ingredients

- 2/3 cup Brown Rice (dry)
- 1 tbsp Tamari (divided)
- 1 tsp Avocado Oil
- 2 Egg
- 1 cup Kimchi
- 2 stalks Green Onion (sliced)
- 2 Nori Sheets (small, sliced thin)
- 1 tsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	352
Fat	10g
Carbs	52g
Fiber	5g
Sugar	2g
Protein	14g
Cholesterol	186mg
Sodium	955mg
Vitamin A	1220IU
Vitamin C	5mg
Calcium	91mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions. Once cooked, add half the tamari, stir to combine, and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the egg(s) and cook until the whites are set and the yolk is cooked to your liking.
- 3 Place the rice in a bowl and top with the egg(s). Add the remaining tamari, kimchi, green onion, nori, and sesame seeds. Enjoy!

### Notes

**Leftovers:** The egg is best eaten right after cooking. Rice can be refrigerated in an airtight container for up to three days.

**More Flavor:** Add toasted sesame oil to the rice.

**Additional Toppings:** Sriracha, Korean chili flakes, or furikake.

**Make it Vegan:** Omit the egg and use tofu.



## Avocado & Tempeh Sandwich

2 servings  
40 minutes

### Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 100 grams Tempeh (cut into thin slices)
- 1/2 Avocado (sliced)
- 113 grams English Muffin (halved, lightly toasted)
- 3/4 cup Arugula

### Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	38g
Fiber	12g
Sugar	2g
Protein	15g
Cholesterol	0mg
Sodium	772mg
Vitamin A	591IU
Vitamin C	6mg
Calcium	159mg
Iron	3mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, and salt and pepper. Add the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Layer the avocado on the english muffin, followed by the tempeh and arugula. Season with salt and pepper to taste. Serve and enjoy!

### Notes

**Leftovers:** This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

**Gluten-Free:** Use a gluten-free English muffin or bread instead.

**Additional Toppings:** Hot sauce, butter, ghee, almond butter, or peanut butter.

**No Arugula:** Use mixed greens, iceberg lettuce, romaine lettuce, or baby spinach instead.

**English Muffin:** One English muffin is roughly two ounces or 57 grams.



## Grilled Tofu Pineapple Skewers with Arugula

2 servings  
45 minutes

### Ingredients

- 1 tbsp Miso Paste
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 1/4 tsps Tamari
- 2 1/4 tsps Maple Syrup
- 300 grams Tofu (extra firm, drained and pat dry)
- 1/2 Red Bell Pepper (medium, chopped)
- 1 1/2 cups Pineapple (chopped)
- 3 cups Arugula
- 1/2 Cucumber (medium, sliced)

### Nutrition

Amount per serving	
Calories	281
Fat	12g
Carbs	31g
Fiber	5g
Sugar	22g
Protein	19g
Cholesterol	0mg
Sodium	811mg
Vitamin A	1794IU
Vitamin C	104mg
Calcium	510mg
Iron	5mg

### Directions

- 1 In a bowl, whisk together the miso, oil, tamari, and maple syrup. Add the tofu and gently toss until evenly coated. Cover and refrigerate for at least 30 minutes or overnight.
- 2 Pierce the tofu, bell pepper, and pineapple onto the barbecue skewers. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 3 Serve the skewers over the arugula and cucumber slices. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two 12-inch skewers with two cups of salad.

**Additional Toppings:** Sprinkle sesame seeds over the tofu before grilling. Drizzle olive oil or your favorite dressing overtop.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



## BBQ Chicken Pizza

2 servings  
45 minutes

### Ingredients

155 grams Pizza Dough (store bought)  
28 grams Chicken Breast, Cooked (shredded)  
1/4 cup Barbecue Sauce (divided)  
4 grams Unbleached All Purpose Flour  
2 tbsps Red Onion (sliced)  
25 grams Mozzarella Cheese (shredded)  
25 grams Cheddar Cheese (shredded)  
1/2 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	350
Fat	10g
Carbs	51g
Fiber	2g
Sugar	13g
Protein	15g
Cholesterol	38mg
Sodium	859mg
Vitamin A	445IU
Vitamin C	5mg
Calcium	176mg
Iron	1mg

### Directions

- 1 Place the dough in a large bowl and cover it with a tea towel. Leave it on counter for at least 30 minutes to rise and come to room temperature.
- 2 Preheat the oven to 500°F (260°C).
- 3 In a small bowl, add the chicken and half of the bbq sauce. Mix to combine.
- 4 Lightly dust a clean surface on the counter with flour. Roll the dough out to approximately one inch in thickness. Transfer it to a baking sheet or pizza pan.
- 5 Spread the remaining barbecue sauce onto the dough. Add the red onion, mozzarella cheese, cheddar cheese, and barbecue chicken. Bake for 15 to 20 minutes or until the cheese has melted and the dough is browned and cooked through.
- 6 Top the pizza with green onions and cut it into slices. Enjoy!

### Notes

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

**Serving Size:** One serving is one slice.

**Gluten-Free:** Use gluten-free dough.

**Dairy-Free:** Use dairy-free cheese.





## 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.