
























**EXERCISE**  
*with Style*

7 Day Balanced 1100 Calorie  
Meal Plan PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Gallo Pinto with Fried Egg	 Gallo Pinto with Fried Egg	 Gallo Pinto with Fried Egg	 Peanut Butter Chickpea Smoothie	 Peanut Butter Chickpea Smoothie	 Bagel & Scrambled Eggs	 Bagel & Scrambled Eggs
Lunch	 Quinoa Greek Salad	 Pineapple Chicken Stir Fry	 Soy Glazed Tofu & Mushrooms	 Lentil Tahini Burgers with Sauerkraut	 Pressure Cooker Tomato Tortellini Soup	 Grilled Vegetable & Lentil Salad	 Green Pea & Edamame Soup
Snack 2	 Blueberry Melon Smoothie	 Blueberry Melon Smoothie	 Blueberry Melon Smoothie	 0.5 Peach Cobbler Smoothie	 Peach Cobbler Smoothie	 0.5 Peach Cobbler Smoothie	 0.5 Peach Cobbler Smoothie
Dinner	 0.5 Pineapple Chicken Stir Fry	 0.5 Soy Glazed Tofu & Mushrooms	 0.5 Lentil Tahini Burgers with Sauerkraut	 Pressure Cooker Tomato Tortellini Soup	 0.5 Grilled Vegetable & Lentil Salad	 Green Pea & Edamame Soup	 Peas & Pancetta Farfalle

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  26%	Fat  23%	Fat  26%	Fat  29%	Fat  30%	Fat  35%	Fat  37%
Carbs  53%	Carbs  55%	Carbs  54%	Carbs  53%	Carbs  52%	Carbs  44%	Carbs  44%
Protein  21%	Protein  22%	Protein  20%	Protein  18%	Protein  18%	Protein  21%	Protein  19%
Calories 1176	Calories 1221	Calories 1202	Calories 1078	Calories 1120	Calories 1097	Calories 1086
Fat 35g	Fat 32g	Fat 36g	Fat 37g	Fat 39g	Fat 44g	Fat 45g
Carbs 158g	Carbs 173g	Carbs 170g	Carbs 148g	Carbs 154g	Carbs 126g	Carbs 122g
Fiber 26g	Fiber 27g	Fiber 30g	Fiber 30g	Fiber 26g	Fiber 26g	Fiber 16g
Sugar 51g	Sugar 57g	Sugar 50g	Sugar 39g	Sugar 52g	Sugar 43g	Sugar 38g
Protein 62g	Protein 68g	Protein 63g	Protein 50g	Protein 52g	Protein 60g	Protein 54g
Cholesterol 259mg	Cholesterol 261mg	Cholesterol 190mg	Cholesterol 41mg	Cholesterol 59mg	Cholesterol 400mg	Cholesterol 396mg
Sodium 1503mg	Sodium 1696mg	Sodium 1799mg	Sodium 1035mg	Sodium 1061mg	Sodium 2240mg	Sodium 1949mg
Vitamin A 5808IU	Vitamin A 7125IU	Vitamin A 1796IU	Vitamin A 1530IU	Vitamin A 3505IU	Vitamin A 6886IU	Vitamin A 4485IU
Vitamin C 94mg	Vitamin C 91mg	Vitamin C 76mg	Vitamin C 34mg	Vitamin C 99mg	Vitamin C 159mg	Vitamin C 39mg
Calcium 939mg	Calcium 863mg	Calcium 1030mg	Calcium 569mg	Calcium 644mg	Calcium 541mg	Calcium 414mg
Iron 9mg	Iron 9mg	Iron 12mg	Iron 13mg	Iron 11mg	Iron 15mg	Iron 11mg

**Fruits**

- 2 Banana
- 3/4 Honeydew Melon
- 1/2 Lemon
- 1/2 Lime
- 3 Peach
- 1/3 cup Pineapple

**Breakfast**

- 2 tbsps All Natural Peanut Butter

**Seeds, Nuts & Spices**

- 2 tbsps Cashews
- 1/4 tsp Chili Flakes
- 1 1/2 tsps Cinnamon
- 2/3 tsp Dried Thyme
- 1 1/2 tbsps Ground Flax Seed
- 3 1/2 tbsps Hemp Seeds
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Walnuts

**Frozen**

- 3 cups Frozen Blueberries
- 2/3 cup Frozen Edamame
- 1 1/2 cups Frozen Peas
- 1 1/3 cups Frozen Vegetable Mix

**Vegetables**

- 1 cup Arugula
- 1 tbsps Basil Leaves
- 2 stalks Celery
- 2 1/4 tbsps Cilantro
- 1/4 Cucumber
- 4 1/3 Garlic
- 1/2 tsp Ginger
- 1/4 head Green Lettuce
- 1 1/3 stalks Green Onion
- 4 cups Mixed Greens
- 1/2 cup Parsley
- 1 cup Portobello Mushroom
- 1 1/3 Red Bell Pepper
- 2/3 cup Red Onion
- 1/3 cup Shallot
- 1 1/2 cups Shiitake Mushrooms
- 2/3 Sweet Onion
- 1/2 Tomato
- 2/3 Yellow Onion
- 1 Zucchini

**Boxed & Canned**

- 3 1/2 tbsps Basmati Rice
- 1 1/2 cups Black Beans
- 1/2 cup Brown Rice
- 1 1/3 cups Chicken Broth, Low Sodium
- 1 cup Chickpeas
- 1 cup Diced Tomatoes
- 32 grams Farfalle
- 1 1/3 cups Green Lentils
- 1/2 cup Jasmine Rice
- 1 cup Lentils
- 1/4 cup Quinoa
- 2 2/3 cups Vegetable Broth, Low Sodium

**Baking**

- 1/3 cup Oats
- 3 tbsps Pitted Dates

**Bread, Fish, Meat & Cheese**

- 151 grams Chicken Thighs
- 1/2 cup Feta Cheese
- 113 grams Gluten-Free Bagel
- 21 grams Pancetta
- 1 1/2 tsps Parmigiano Reggiano
- 200 grams Tofu

**Condiments & Oils**

- 1 1/2 tsps Apple Cider Vinegar
- 1 3/4 tbsps Avocado Oil
- 2 2/3 tbsps Coconut Aminos
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 1/4 cup Sauerkraut
- 2 tbsps Tahini
- 2 tbsps Tamari

**Cold**

- 151 grams Cheese Tortellini
- 1 1/2 cups Cottage Cheese
- 7 Egg
- 3 cups Plain Coconut Milk
- 2 1/4 cups Unsweetened Cashew Milk
- 2/3 cup Unsweetened Coconut Yogurt

**Other**

- 2 tsps Sugar Free Ketchup
- 3/4 cup Vanilla Protein Powder
- 1 1/3 cups Water



## Gallo Pinto with Fried Egg

3 servings  
20 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 1/4 tsps Avocado Oil (divided)
- 1/3 Yellow Onion (medium, diced)
- 1/3 Red Bell Pepper (medium, diced)
- 2 1/4 tsps Cilantro (chopped, plus more for garnish)
- 3/4 tsp Sea Salt (to taste)
- 1 1/2 cups Black Beans (cooked)
- 3 tsps Water (or broth)
- 3 Egg

### Nutrition

Amount per serving	
Calories	332
Fat	9g
Carbs	48g
Fiber	9g
Sugar	2g
Protein	16g
Cholesterol	186mg
Sodium	664mg
Vitamin A	792IU
Vitamin C	19mg
Calcium	59mg
Iron	3mg

### Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
- 3 Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed.
- 4 Meanwhile, heat the remaining oil in a separate 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. Transfer to a plate and repeat with the remaining eggs.
- 5 Divide the gallo pinto onto plates and top with a fried egg. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one cup of the gallo pinto and one fried egg.

**More Flavor:** Add salsa Lizano or Worcestershire sauce.

**Additional Toppings:** Fried plantains, corn tortillas, sour cream, or plain yogurt.



## Peanut Butter Chickpea Smoothie

2 servings

5 minutes

### Ingredients

- 1 cup Water
- 1 cup Chickpeas (cooked)
- 1/2 cup Unsweetened Coconut Yogurt
- 2 Banana
- 2 tbsps All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	363
Fat	13g
Carbs	56g
Fiber	11g
Sugar	20g
Protein	12g
Cholesterol	0mg
Sodium	24mg
Vitamin A	98IU
Vitamin C	11mg
Calcium	191mg
Iron	3mg

### Directions

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

### Notes

**Serving Size:** One serving equals approximately 1 1/2 cups.

**Additional Toppings:** Blueberries, strawberries, or spinach.



## Bagel & Scrambled Eggs

2 servings

5 minutes

### Ingredients

- 113 grams Gluten-Free Bagel (toasted)
- 1 tsp Extra Virgin Olive Oil
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	336
Fat	15g
Carbs	34g
Fiber	0g
Sugar	7g
Protein	15g
Cholesterol	374mg
Sodium	488mg
Vitamin A	540IU
Vitamin C	1mg
Calcium	128mg
Iron	2mg

### Directions

- 1 Heat a pan over medium heat and add the oil. Add the whisked eggs to the pan and stir the eggs frequently as they cook. Season with salt and pepper to taste.
- 2 To serve, place the egg and bagel on a plate and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Toast bagel just before serving.

**Serving Size:** One serving is equal to 1/2 bagel and two eggs.

**Additional Toppings:** Top bagel with butter, vegan butter, cream cheese spread, nut butter, or jam.

**Serve It With:** Fresh fruit, cooked bacon, or salad.



## Quinoa Greek Salad

1 serving  
45 minutes

### Ingredients

- 1/4 cup Quinoa (dry)
- 1/2 Tomato (large, diced)
- 1/4 Cucumber (diced)
- 2 tbsps Red Onion (diced)
- 1/4 cup Feta Cheese (cubed or crumbled)
- 1 tbsp Red Wine Vinegar
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 cup Arugula

### Nutrition

Amount per serving	
Calories	322
Fat	14g
Carbs	36g
Fiber	5g
Sugar	3g
Protein	13g
Cholesterol	33mg
Sodium	462mg
Vitamin A	1548IU
Vitamin C	16mg
Calcium	257mg
Iron	3mg

### Directions

- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the arugula and toss well. Enjoy!

### Notes

- Dairy-Free:** Replace feta cheese with kalamata olives.
- Low-Carb:** Use cauliflower rice instead of quinoa.
- Leftovers:** Keeps well in the fridge for 3 days.





## Blueberry Melon Smoothie

3 servings

2 minutes

### Ingredients

3 cups Frozen Blueberries  
3/4 Honeydew Melon (small, peeled, seeds removed, and chopped)  
3 cups Plain Coconut Milk (unsweetened, from the carton)  
1 1/2 tbsps Ground Flax Seed  
3/4 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.



## 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.



## Pineapple Chicken Stir Fry

2 servings

25 minutes

### Ingredients

- 3 1/2 tbsps Basmati Rice (dry)
- 2 tps Extra Virgin Olive Oil (divided)
- 1 1/3 Garlic (cloves, minced)
- 2 2/3 tbsps Shallot (minced)
- 151 grams Chicken Thighs (boneless, skinless, cubed)
- 1 1/3 cups Frozen Vegetable Mix
- 1/3 cup Pineapple (chopped)
- 1 1/3 stalks Green Onion (chopped)
- 2 2/3 tbsps Coconut Aminos
- 2 tps Sugar Free Ketchup

### Nutrition

Amount per serving	
Calories	342
Fat	8g
Carbs	46g
Fiber	7g
Sugar	12g
Protein	21g
Cholesterol	71mg
Sodium	513mg
Vitamin A	5544IU
Vitamin C	20mg
Calcium	52mg
Iron	2mg

### Directions

- 1 Cook the rice according to package directions.
- 2 In a large pan over medium heat, add 2/3 of the oil and sauté the garlic and shallots until fragrant, about two minutes. Then, add the chicken and cook for five to seven minutes.
- 3 Add the mixed vegetables, pineapple, and green onions to the pan and stir well.
- 4 Mix the coconut aminos, ketchup, and remaining oil together and add to the pan. Stir everything together to make sure it is coated well with the sauce. Cover and continue cooking for two minutes.
- 5 Divide the rice evenly between bowls and top with the pineapple chicken stir fry. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups of stir fry over 1/3 cup of rice.

**Make it Vegan:** Use tofu or tempeh instead of chicken.

**More Flavor:** Add chopped yellow onion to the stir fry when cooking the garlic. Add Chinese Five Spice and sesame oil to the sauce. Use sesame oil instead of olive oil to cook the chicken.

**Additional Toppings:** Chopped peanuts, sesame seeds, and/or bean sprouts.

**No Coconut Aminos:** Use soy sauce or tamari.



## Soy Glazed Tofu & Mushrooms

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 1 tbsp Avocado Oil
- 200 grams Tofu (extra-firm, pressed and cubed)
- 1 1/2 cups Shiitake Mushrooms (stem removed, torn)
- 2 stalks Celery (thinly sliced on a diagonal)
- 1/2 tsp Ginger (fresh, grated or minced)
- 1 1/2 tbsps Tamari
- 1/4 tsp Chili Flakes (optional)
- 1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	392
Fat	14g
Carbs	55g
Fiber	6g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	797mg
Vitamin A	185IU
Vitamin C	5mg
Calcium	310mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 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. Remove the tofu, leaving the oil in the pan and set aside.
- 3 Add the mushrooms to the skillet and cook over medium heat for four minutes, undisturbed to brown the mushrooms. Then toss and continue cooking for two to three minutes, stirring often.
- 4 Add the tofu back into the skillet with the mushrooms along with the celery, ginger, and tamari and stir to combine. Continue cooking over medium heat, stirring often until the celery has softened a little, about two minutes. Add the chili flakes if using and stir.
- 5 Divide the rice onto plates and top with the tofu and mushroom mixture. Drizzle with lime juice. Enjoy!

### Notes

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

**More Flavor:** Add minced garlic and/or sesame oil.

**Additional Toppings:** Cilantro, green onion, and/or hot sauce.

**No Shiitake Mushrooms:** Use another mushroom such as king oyster, cremini, or white button.



## Lentil Tahini Burgers with Sauerkraut

2 servings

30 minutes

### Ingredients

- 1 1/3 cups Green Lentils (cooked, drained and rinsed)
- 2 tbsps Tahini
- 1/4 tsp Sea Salt
- 1 1/2 tsps Apple Cider Vinegar
- 1/4 head Green Lettuce (separated into leaves and washed)
- 2 tbsps Unsweetened Coconut Yogurt
- 1/4 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	254
Fat	9g
Carbs	31g
Fiber	13g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	436mg
Vitamin A	246IU
Vitamin C	5mg
Calcium	127mg
Iron	6mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 3 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 4 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

### Notes

**Leftovers:** Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

**Serving Size:** One serving is equal to one 5- to 6-inch burger patty.

**More Flavor:** Add cumin and fresh herbs to the lentil tahini mixture.

**Additional Toppings:** Caramelized onions, feta, sautéed mushrooms and/or avocado.

**No Lettuce:** Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.



## Pressure Cooker Tomato Tortellini Soup

2 servings  
55 minutes

### Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1/3 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1 1/3 cups Chicken Broth, Low Sodium
- 1 cup Diced Tomatoes (from the can, with juices)
- 1 tbsp Basil Leaves (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 151 grams Cheese Tortellini

### Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	44g
Fiber	3g
Sugar	5g
Protein	15g
Cholesterol	32mg
Sodium	377mg
Vitamin A	678IU
Vitamin C	13mg
Calcium	154mg
Iron	3mg

### Directions

- 1 Turn the pressure cooker to "sauté" mode. Once hot, add the oil and onion. Sauté for three to four minutes or until the onions soften.
- 2 Add the garlic and sauté for another two to three minutes. Add the chicken broth, diced tomatoes, basil, salt, and pepper. Stir to combine. Turn off sauté mode.
- 3 Close the lid to the pressure cooker and set to "sealing", then press manual/pressure cooker and cook for five minutes on high pressure. Once it is done, allow the pressure to release naturally for five minutes and then release any remaining pressure manually. Remove the lid carefully.
- 4 Turn the pressure cooker back to sauté mode and bring the soup to a boil. Add the tortellini and cook for about five minutes or until they float to the top.
- 5 Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. If you'd like a thinner consistency when reheating, add a splash of water.

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

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

**More Flavor:** Add dried oregano and/or dried parsley.

**Additional Toppings:** Add parmesan cheese when serving.



## Grilled Vegetable & Lentil Salad

2 servings  
20 minutes

### Ingredients

- 1 Red Bell Pepper (cored and sliced)
- 1/2 cup Red Onion (coarsely chopped)
- 1 Zucchini (sliced into rounds)
- 1 cup Portobello Mushroom (sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Cashews
- 1/2 Lemon (juiced)
- 1 1/2 tsps Tamari
- 1/2 cup Parsley
- 1 tbsp Water
- 1 1/2 tsps Red Wine Vinegar
- 4 cups Mixed Greens
- 1 cup Lentils (cooked, drained and rinsed)
- 1/4 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

### Notes

**No Lentils:** Use chickpeas or black beans instead.

**Vegan:** Omit the cheese and top with toasted cashews instead.

**Save Time:** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers:** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

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Iron

7mg





## Green Pea & Edamame Soup

2 servings  
35 minutes

### Ingredients

- 2 2/3 tbsps Water
- 2/3 Sweet Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 2/3 tsp Dried Thyme
- 2/3 tsp Sea Salt (divided)
- 1 1/3 cups Frozen Peas
- 2/3 cup Frozen Edamame
- 2 2/3 cups Vegetable Broth, Low Sodium
- 3 1/2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	298
Fat	12g
Carbs	34g
Fiber	9g
Sugar	14g
Protein	18g
Cholesterol	0mg
Sodium	1025mg
Vitamin A	2410IU
Vitamin C	23mg
Calcium	106mg
Iron	5mg

### Directions

- 1 Heat the water in a pot over medium-high heat. Add the onions and garlic and cook for about five minutes until the onions have softened. Add the thyme and the salt and stir to combine and cook for another minute.
- 2 Add the peas, edamame, and vegetable broth to the pot. Bring to a gentle boil and continue to cook for 10 to 15 minutes or until the peas and edamame are very tender. Remove the pot from the heat.
- 3 Transfer the soup to a blender (do this in batches if necessary) and add the hemp seeds. Blend until smooth. Season with additional salt if needed.
- 4 Divide between bowls and enjoy!

### Notes

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

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

**More Flavor:** Add other dried herbs and spices to taste.

**No Hemp Seeds:** Use soaked raw cashews instead.

**No Edamame:** Use more green peas instead.

**No Sweet Onion:** Use a yellow onion instead.



## Peas & Pancetta Farfalle

1 serving  
15 minutes

### Ingredients

- 32 grams Farfalle (dry)
- 1 1/2 tsps Walnuts (toasted, finely chopped)
- 1 1/2 tsps Parsley (finely chopped)
- 1 1/2 tsps Parmigiano Reggiano (finely grated)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 cup Shallot (chopped)
- 21 grams Pancetta (chopped into small pieces)
- 1/4 cup Frozen Peas (thawed)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	324
Fat	14g
Carbs	37g
Fiber	4g
Sugar	6g
Protein	13g
Cholesterol	13mg
Sodium	238mg
Vitamin A	1027IU
Vitamin C	10mg
Calcium	83mg
Iron	3mg

### Directions

- 1 Cook the pasta according to the directions on the package.
- 2 In a bowl combine the walnuts, parsley, and parmesan cheese. Set aside.
- 3 In a large skillet, heat the oil over medium heat. Add the shallots and pancetta. Cook for four to six minutes.
- 4 Add the peas and cook for two more minutes. Season to taste with salt and pepper.
- 5 Add the cooked pasta and nut mixture to the skillet. Mix well to coat the pasta. Divide into pasta bowls and enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- Serving Size:** One serving is approximately one cup.
- More Flavor:** Use pine nuts instead of walnuts.
- Additional Toppings:** Fresh basil or mint.
- Gluten-Free:** Use gluten-free pasta.
- Dairy-Free:** Use dairy-free cheese.