














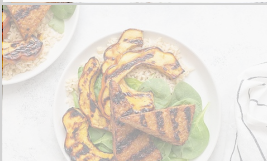


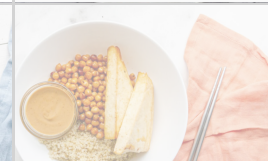




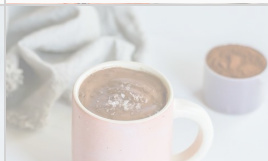




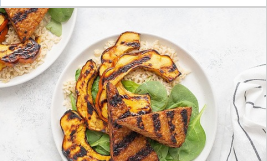

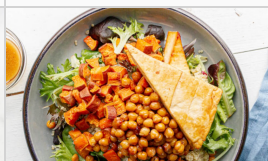
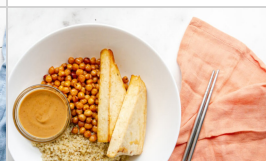
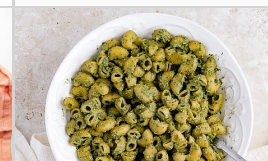

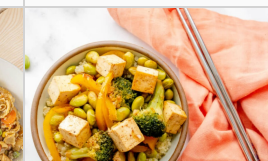

























EXERCISE
with Style

28 Day Balanced 2100 Calorie
Meal Plan PDF (Week 1)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Vanilla Cauliflower Shake	 Vanilla Cauliflower Shake
Snack 1	 Sweet Chili Edamame	 Sweet Chili Edamame	 Sweet Chili Edamame	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 0.5 Overnight Vanilla Protein Oats	 0.5 Overnight Vanilla Protein Oats
Lunch	 Spicy Edamame Fried Cauliflower Rice	 Grilled Tempeh & Squash with Rice	 Spicy Tofu, Edamame & Broccoli with Quinoa	 0.5 Chickpea, Tofu & Sweet Potato Quinoa Salad	 0.5 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Chickpea Pasta with Pesto	 Pot Pie Chickpea Pasta
Snack 2	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
Dinner	 Grilled Tempeh & Squash with Rice	 Spicy Tofu, Edamame & Broccoli with Quinoa	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Chickpea Pasta with Pesto	 Pot Pie Chickpea Pasta	 Tofu & Veggie Quinoa Stir Fry

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  30%	Fat  31%	Fat  34%	Fat  32%	Fat  31%	Fat  33%
Carbs  41%	Carbs  42%	Carbs  42%	Carbs  43%	Carbs  43%	Carbs  43%	Carbs  41%
Protein  28%	Protein  28%	Protein  27%	Protein  23%	Protein  25%	Protein  26%	Protein  26%
Calories 2031	Calories 1956	Calories 2052	Calories 1998	Calories 1981	Calories 2025	Calories 1974
Fat 75g	Fat 71g	Fat 76g	Fat 78g	Fat 74g	Fat 75g	Fat 77g
Carbs 223g	Carbs 221g	Carbs 229g	Carbs 224g	Carbs 228g	Carbs 238g	Carbs 218g
Fiber 62g	Fiber 57g	Fiber 68g	Fiber 61g	Fiber 67g	Fiber 72g	Fiber 63g
Sugar 52g	Sugar 44g	Sugar 50g	Sugar 52g	Sugar 52g	Sugar 54g	Sugar 47g
Protein 157g	Protein 148g	Protein 150g	Protein 121g	Protein 132g	Protein 141g	Protein 136g
Cholesterol 8mg	Cholesterol 8mg	Cholesterol 8mg	Cholesterol 10mg	Cholesterol 10mg	Cholesterol 9mg	Cholesterol 9mg
Sodium 4793mg	Sodium 2147mg	Sodium 1686mg	Sodium 984mg	Sodium 1193mg	Sodium 1260mg	Sodium 1261mg
Vitamin A 6594IU	Vitamin A 5456IU	Vitamin A 8311IU	Vitamin A 4924IU	Vitamin A 4606IU	Vitamin A 8546IU	Vitamin A 6452IU
Vitamin C 438mg	Vitamin C 195mg	Vitamin C 168mg	Vitamin C 105mg	Vitamin C 116mg	Vitamin C 136mg	Vitamin C 337mg
Calcium 2076mg	Calcium 2104mg	Calcium 2373mg	Calcium 2671mg	Calcium 2392mg	Calcium 2056mg	Calcium 2450mg
Iron 31mg	Iron 27mg	Iron 30mg	Iron 25mg	Iron 31mg	Iron 36mg	Iron 30mg

Fruits

- 5 1/2 Bananas
- 1/3 cup Blueberries
- 1/2 Lemon
- 2 2/3 tbsps Lemon Juice
- 2 1/3 cups Raspberries
- 2 cups Strawberries

Breakfast

- 1/2 cup Almond Butter
- 1/4 cup Granola
- 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1/2 tsp Chinese Five Spice
- 2 tbsps Hemp Seeds
- 1/4 cup Pine Nuts
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1/2 cup Cauliflower Rice
- 6 cups Edamame Pods
- 2 cups Frozen Blueberries
- 2 1/16 cups Frozen Broccoli
- 4 cups Frozen Cauliflower
- 1/2 cup Frozen Corn
- 2 2/3 cups Frozen Edamame
- 1/2 cup Frozen Peas

Vegetables

- 2/3 Acorn Squash
- 2 1/16 cups Baby Spinach
- 2 1/2 cups Basil Leaves
- 2 cups Broccoli
- 2/3 Carrot
- 6 3/4 Garlic
- 3/4 tsp Ginger
- 1/4 Green Bell Pepper
- 1/4 Jalapeno Pepper
- 1 1/3 cups Mixed Greens
- 2/3 Sweet Potato
- 1 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 378 grams Chickpea Pasta
- 3 1/3 cups Chickpeas
- 1 2/3 cups Quinoa
- 1 cup Vegetable Broth

Baking

- 2 tbsps Almond Flour
- 1 1/2 tps Arrowroot Powder
- 1/4 cup Cacao Powder
- 2/3 cup Cocoa Powder
- 3 tbsps Coconut Sugar
- 1/2 cup Nutritional Yeast
- 3 cups Oats

Bread, Fish, Meat & Cheese

- 227 grams Tempeh
- 1.1 kilograms Tofu

Condiments & Oils

- 2 1/16 tps Apple Cider Vinegar
- 2 1/4 tbsps Coconut Aminos
- 3 3/4 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Italian Dressing
- 1 1/3 tbsps Peanut Sauce
- 1/2 cup Rice Vinegar
- 1 1/16 tbsps Sesame Oil
- 1 1/2 tps Soy Sauce
- 1 2/3 tbsps Sriracha
- 3 3/4 tbsps Tamari

Cold

- 118 grams Cashew Cream Cheese
- 16 1/8 cups Unsweetened Almond Milk

Other

- 2 cups Chocolate Protein Powder
- 2 cups Vanilla Protein Powder
- 1 1/8 cups Water



Chocolate Protein Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 2 1/4 cups Unsweetened Almond Milk
- 3/4 cup Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 3 tbsps Almond Butter
- 1 tbsp Maple Syrup
- 1 1/2 cups Raspberries (plus extra to garnish)

Nutrition

Amount per serving	
Calories	424
Fat	15g
Carbs	49g
Fiber	14g
Sugar	8g
Protein	31g
Cholesterol	4mg
Sodium	165mg
Vitamin A	395IU
Vitamin C	16mg
Calcium	560mg
Iron	4mg

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

Notes

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

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

Additional Toppings: If a thinner consistency is desired, stir in a splash of milk when ready to eat.



Chocolate Almond Butter Smoothie Bowl

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1/2 cup Chocolate Protein Powder
- 1/2 cup Frozen Cauliflower
- 1 Zucchini (chopped, frozen)
- 2 Banana (divided)
- 2 tbsps Almond Butter
- 1/4 cup Cacao Powder
- 2 tbsps Chia Seeds
- 1/2 cup Raspberries
- 1/4 cup Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	558
Fat	24g
Carbs	59g
Fiber	20g
Sugar	22g
Protein	33g
Cholesterol	4mg
Sodium	225mg
Vitamin A	788IU
Vitamin C	50mg
Calcium	764mg
Iron	6mg

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor: Add cinnamon to your smoothie base.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Smoothie Bowl: Drink as a regular smoothie instead.

Smoothie Consistency: For a creamier texture, use a frozen banana.



Vanilla Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Frozen Cauliflower
2 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Almond Butter
3 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	434
Fat	18g
Carbs	47g
Fiber	17g
Sugar	17g
Protein	30g
Cholesterol	4mg
Sodium	236mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	771mg
Iron	4mg

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

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

More Flavor: Add cinnamon.



Sweet Chili Edamame

3 servings

15 minutes

Ingredients

1/3 cup Rice Vinegar
3/4 cup Water
3 tbsps Coconut Sugar
1 1/2 Garlic (clove, minced)
1 tbsp Tamari
2 1/4 tsps Sriracha
1 1/2 tsps Arrowroot Powder
6 cups Edamame Pods

Nutrition

Amount per serving	
Calories	302
Fat	11g
Carbs	30g
Fiber	12g
Sugar	16g
Protein	27g
Cholesterol	0mg
Sodium	454mg
Vitamin A	126IU
Vitamin C	25mg
Calcium	152mg
Iron	5mg

Directions

- 1 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 2 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 3 Meanwhile, bring a large pot of salted water to a boil.
- 4 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 5 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.



Overnight Vanilla Protein Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Raspberries
- 1/3 cup Blueberries
- 1 1/2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Spicy Edamame Fried Cauliflower Rice

1 serving
15 minutes

Ingredients

- 3/4 tsp Sesame Oil
- 1/4 Yellow Onion (finely chopped)
- 1/2 Yellow Bell Pepper (chopped)
- 3/4 cup Frozen Edamame
- 88 grams Tofu (extra firm, crumbled)
- 1 1/2 tbsps Tamari
- 1 Garlic (clove, minced)
- 3/4 tsp Ginger (fresh, grated)
- 3/4 tsp Sriracha
- 1/2 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	316
Fat	14g
Carbs	26g
Fiber	10g
Sugar	8g
Protein	28g
Cholesterol	0mg
Sodium	1636mg
Vitamin A	658IU
Vitamin C	180mg
Calcium	362mg
Iron	7mg

Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

Notes

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

Additional Toppings: Green onion, cilantro, sesame seeds, or red pepper flakes.

More Vegetables: Add carrots, peas, or baby spinach.

No Yellow Bell Pepper: Use any color bell pepper or mushrooms instead.

No Sesame Oil: Use coconut oil or avocado oil instead.



Cheezy Broccoli & Jalapeno Soup

1 serving
30 minutes

Ingredients

- 2 tbsps Water
- 1/4 Yellow Onion (medium, chopped)
- 1/4 Green Bell Pepper (large, chopped)
- 1/4 Jalapeno Pepper (medium, seeds removed and chopped)
- 1 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1 1/2 cups Broccoli (chopped into florets)
- 1 cup Vegetable Broth
- 2 tbsps Hemp Seeds
- 2 1/4 tsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	216
Fat	10g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	0mg
Sodium	1312mg
Vitamin A	1527IU
Vitamin C	152mg
Calcium	110mg
Iron	5mg

Directions

- 1 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 2 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 3 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Likes it Spicy: Add extra jalapeno pepper or red pepper flakes.

Broccoli: This recipe can be made with fresh or frozen broccoli.

No Hemp Seeds: Use soaked, raw cashews instead.

Extra Greens: Add baby spinach before blending.



Hot Chocolate Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	514mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	674mg
Iron	4mg

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Strawberry Blueberry Smoothie

4 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries (wild)
- 2 cups Strawberries (stems removed)
- 5 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g
Cholesterol	4mg
Sodium	242mg
Vitamin A	668IU
Vitamin C	44mg
Calcium	772mg
Iron	2mg

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.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Grilled Tempeh & Squash with Rice

2 servings
50 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 1 1/3 tps Sesame Oil
- 1 1/3 tbsps Tamari
- 2 tps Maple Syrup
- 2 tps Apple Cider Vinegar
- 2/3 Acorn Squash (small, peeled, seeds removed, sliced)
- 227 grams Tempeh (sliced)
- 2 cups Baby Spinach
- 2 2/3 tbsps Lemon Juice (to taste)

Nutrition

Amount per serving	
Calories	508
Fat	17g
Carbs	67g
Fiber	5g
Sugar	5g
Protein	30g
Cholesterol	0mg
Sodium	712mg
Vitamin A	3342IU
Vitamin C	32mg
Calcium	218mg
Iron	6mg

Directions

- 1 Cook the brown rice according to package directions and set aside.
- 2 In a baking dish, combine the sesame oil, tamari, maple syrup, and apple cider vinegar. Add the acorn squash and tempeh, brushing all sides with the marinade. Let sit for five to ten minutes.
- 3 Grill the acorn squash over medium heat for 10 minutes on one side, and six to eight minutes on the other side, or until fork tender. Grill the tempeh for eight minutes, flipping halfway. Brush on any leftover marinade as needed.
- 4 Divide the brown rice, spinach, acorn squash, and tempeh between plates. Drizzle lemon juice and enjoy!

Notes

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

More Flavor: Add salt, pepper, or minced garlic to the marinade. Use your favorite dressing instead of lemon juice.

Additional Toppings: Add pickled veggies, sliced green onion, red pepper flakes, or fresh parsley.



Spicy Tofu, Edamame & Broccoli with Quinoa

2 servings
30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 cups Frozen Broccoli
- 1 1/3 cups Frozen Edamame
- 265 grams Tofu (cut into triangles)
- 2 2/3 tsps Coconut Aminos (divided)
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 2 tsps Sriracha
- 2/3 tsp Sesame Oil

Nutrition

Amount per serving	
Calories	457
Fat	20g
Carbs	44g
Fiber	12g
Sugar	7g
Protein	34g
Cholesterol	0mg
Sodium	302mg
Vitamin A	1047IU
Vitamin C	89mg
Calcium	500mg
Iron	8mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 3 Place the broccoli, edamame, and tofu on the baking sheet. Mix together 3/4 of the coconut aminos, oil, and rice vinegar. Brush the tofu with the marinade and pour the remaining marinade onto the broccoli and edamame. Mix well with your hands. Bake for 15 to 20 minutes or until the tofu browns around the edges.
- 4 Meanwhile, mix the sriracha, sesame oil, and remaining coconut aminos together to create a sauce.
- 5 Divide the quinoa evenly between bowls and add the tofu, broccoli, and edamame on top. Serve with the sriracha sauce and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of cooked quinoa, one cup of broccoli, and 1 1/3 cup of edamame.

More Flavor: Add minced garlic and shallot to the marinade.

Additional Toppings: Chopped green onions, sliced almonds, chopped cilantro, and/or chili pepper flakes.

No Coconut Aminos: Use soy sauce or tamari instead.



Chickpea, Tofu & Sweet Potato Quinoa Salad

2 servings
30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 265 grams Tofu (cut into triangles)
- 1 2/3 cups Chickpeas (cooked)
- 2/3 Sweet Potato (cubed)
- 2 tsps Coconut Aminos
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 1/3 cups Mixed Greens
- 1 1/3 tsps Italian Dressing

Nutrition

Amount per serving	
Calories	604
Fat	22g
Carbs	75g
Fiber	16g
Sugar	11g
Protein	32g
Cholesterol	0mg
Sodium	251mg
Vitamin A	6197IU
Vitamin C	5mg
Calcium	487mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size: One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos: Use soy sauce or tamari instead.

No Italian Dressing: Use your favourite premade dressing or make your own.



Chickpea & Tofu Quinoa Bowl with Peanut Sauce

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 2/3 cups Chickpeas (cooked)
- 265 grams Tofu (cut into triangles)
- 2 tsps Coconut Aminos
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 1/3 tsps Peanut Sauce

Nutrition

Amount per serving	
Calories	588
Fat	24g
Carbs	67g
Fiber	15g
Sugar	11g
Protein	31g
Cholesterol	0mg
Sodium	267mg
Vitamin A	42IU
Vitamin C	2mg
Calcium	461mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Add the chickpeas and tofu to the baking sheet.
- 3 Mix the coconut aminos, oil, and rice vinegar and brush on the tofu. Pour the remaining marinade on the chickpeas and mix well with your hands. Bake for 20 minutes or until the edges of the tofu brown and the chickpeas are crispy.
- 4 Divide the quinoa evenly between bowls and top with the tofu and chickpeas. Serve with the peanut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately.

Serving Size: One serving is approximately 1/3 cup of quinoa, 4.6oz (130g) of tofu, and 3/4 cup of chickpeas.

More Flavor: Add minced garlic and shallot to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Microgreens, chopped basil, chopped mint, and/or sunflower seeds.

No Coconut Aminos: Use tamari or soy sauce instead.



Chickpea Pasta with Pesto

2 servings
20 minutes

Ingredients

- 227 grams Chickpea Pasta (uncooked)
- 2 1/2 cups Basil Leaves (packed)
- 1/4 cup Pine Nuts
- 1/4 cup Nutritional Yeast
- 2 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/2 Lemon (juiced)
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	579
Fat	19g
Carbs	75g
Fiber	21g
Sugar	11g
Protein	42g
Cholesterol	0mg
Sodium	468mg
Vitamin A	2802IU
Vitamin C	15mg
Calcium	195mg
Iron	15mg

Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto plates and enjoy!

Notes

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

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

Nut-Free: Use sunflower seeds instead of pine nuts.



Pot Pie Chickpea Pasta

2 servings
35 minutes

Ingredients

151 grams Chickpea Pasta (dry)
1 1/3 tsps Extra Virgin Olive Oil
1/3 Yellow Onion (medium, diced)
1 1/3 Garlic (cloves, minced)
2/3 Carrot (large, chopped)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
118 grams Cashew Cream Cheese
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Nutritional Yeast (divided)
2 tbsps Almond Flour

Nutrition

Amount per serving	
Calories	616
Fat	24g
Carbs	74g
Fiber	20g
Sugar	14g
Protein	37g
Cholesterol	0mg
Sodium	252mg
Vitamin A	4319IU
Vitamin C	7mg
Calcium	103mg
Iron	13mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the chickpea pasta according to package directions.
- 3 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 4 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 5 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: One serving is equal to approximately 1 1/2 cups.



Tofu & Veggie Quinoa Stir Fry

1 serving
20 minutes

Ingredients

- 1/3 cup Quinoa (dry)
- 1/2 tsp Extra Virgin Olive Oil
- 1/2 Yellow Bell Pepper
- 1/2 cup Broccoli (cut into florets)
- 1/2 cup Frozen Edamame
- 170 grams Tofu (cubed)
- 1/2 tsp Chinese Five Spice
- 1/2 tsp Sesame Oil
- 1 1/2 tsps Soy Sauce
- 1 1/2 tsps Rice Vinegar

Nutrition

Amount per serving	
Calories	528
Fat	21g
Carbs	55g
Fiber	12g
Sugar	4g
Protein	37g
Cholesterol	0mg
Sodium	469mg
Vitamin A	708IU
Vitamin C	216mg
Calcium	589mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan, heat the olive oil over medium heat and add the bell pepper, broccoli, and edamame. Sauté until the vegetables start to soften, about five to seven minutes.
- 3 Add the remaining ingredients and gently mix well, being sure to not break up the tofu.
- 4 Divide the quinoa evenly between bowls and top with the tofu and vegetable mixture. Enjoy!

Notes

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

Serving Size: One serving is 2/3 cup of cooked quinoa, 6 oz (170g) of tofu, and 1/2 cup of edamame.

More Flavor: Add minced shallots, garlic, and green onions.

Additional Toppings: Chopped peanuts, sesame seeds, cilantro, basil, and/or hot sauce.

No Soy Sauce: Use tamari or coconut aminos instead.