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*with Style*

28 Day Balanced 2100 Calorie  
Meal Plan PDF (Week 2)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Edamame Cream Cheese Toast	 Edamame Cream Cheese Toast	 Edamame Cream Cheese Toast	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Potato Chickpea Breakfast Hash with Fried Eggs	 Potato Chickpea Breakfast Hash with Fried Eggs
Snack 1	 Tortilla & Bell Pepper Snack Plate	 Tortilla & Bell Pepper Snack Plate	 Tortilla & Bell Pepper Snack Plate	 English Muffin with Ricotta & Honey	 English Muffin with Ricotta & Honey	 English Muffin with Ricotta & Honey	 English Muffin with Ricotta & Honey
Lunch	 Brie, Prosciutto & Pear Sandwich	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Kimchi, Egg & Rice Bowl	 Fiddlehead & Edamame Pesto Pasta	 Spicy Shrimp Sushi Bowls	 Orzo with Sausage & Mushrooms	 Peanut & Edamame Chickpea Pasta
Snack 2	 0.5 Fig, Goat Cheese & Prosciutto Toast	 0.5 Fig, Goat Cheese & Prosciutto Toast	 0.5 Fig, Goat Cheese & Prosciutto Toast	 1.5 Egg & Spinach on Toast	 1.5 Egg & Spinach on Toast	 1.5 Egg & Spinach on Toast	 1.5 Egg & Spinach on Toast
Dinner	 Chickpea & Tofu Quinoa Bowl with Peanut Sauce	 Kimchi, Egg & Rice Bowl	 Fiddlehead & Edamame Pesto Pasta	 Spicy Shrimp Sushi Bowls	 Orzo with Sausage & Mushrooms	 Peanut & Edamame Chickpea Pasta	 Snap Pea & Pancetta Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  31%	Fat  30%	Fat  34%	Fat  35%	Fat  32%	Fat  31%
Carbs  48%	Carbs  51%	Carbs  53%	Carbs  46%	Carbs  45%	Carbs  49%	Carbs  50%
Protein  20%	Protein  18%	Protein  17%	Protein  20%	Protein  20%	Protein  19%	Protein  19%
Calories 2102	Calories 2189	Calories 2076	Calories 2160	Calories 2186	Calories 2164	Calories 2130
Fat 74g	Fat 76g	Fat 70g	Fat 84g	Fat 88g	Fat 81g	Fat 78g
Carbs 255g	Carbs 283g	Carbs 275g	Carbs 257g	Carbs 254g	Carbs 276g	Carbs 276g
Fiber 41g	Fiber 41g	Fiber 34g	Fiber 35g	Fiber 32g	Fiber 41g	Fiber 45g
Sugar 42g	Sugar 37g	Sugar 30g	Sugar 51g	Sugar 56g	Sugar 48g	Sugar 45g
Protein 104g	Protein 99g	Protein 90g	Protein 112g	Protein 113g	Protein 105g	Protein 105g
Cholesterol 128mg	Cholesterol 431mg	Cholesterol 431mg	Cholesterol 529mg	Cholesterol 627mg	Cholesterol 624mg	Cholesterol 559mg
Sodium 3520mg	Sodium 2154mg	Sodium 2231mg	Sodium 2127mg	Sodium 3205mg	Sodium 3924mg	Sodium 2934mg
Vitamin A 4284IU	Vitamin A 6890IU	Vitamin A 11680IU	Vitamin A 17436IU	Vitamin A 12718IU	Vitamin A 10627IU	Vitamin A 11359IU
Vitamin C 170mg	Vitamin C 168mg	Vitamin C 201mg	Vitamin C 202mg	Vitamin C 169mg	Vitamin C 61mg	Vitamin C 81mg
Calcium 789mg	Calcium 801mg	Calcium 522mg	Calcium 1511mg	Calcium 1556mg	Calcium 898mg	Calcium 946mg
Iron 23mg	Iron 22mg	Iron 17mg	Iron 15mg	Iron 17mg	Iron 28mg	Iron 26mg

**Fruits**

- 1/2 Avocado
- 2 Banana
- 4 Fig
- 1/2 Lemon
- 1/2 Pear
- 3 cups Strawberries

**Breakfast**

- 3 tbsps Almond Butter

**Seeds, Nuts & Spices**

- 1 tbsp Chili Flakes
- 3/4 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tsp Paprika
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 3 1/2 cups Frozen Edamame

**Vegetables**

- 10 cups Baby Spinach
- 1/2 cup Bean Sprouts
- 3/4 cup Broccoli Sprouts
- 1 Carrot
- 14 Cremini Mushrooms
- 1/2 Cucumber
- 228 grams Fiddleheads
- 1 1/8 tbsps Fresh Dill
- 12 Garlic
- 1/2 cup Matchstick Carrots
- 3 Red Bell Pepper
- 1/4 cup Red Onion
- 3 Russet Potato
- 2 cups Shiitake Mushrooms
- 1 cup Snap Peas

**Boxed & Canned**

- 1 cup Basmati Rice
- 3/4 cup Brown Rice
- 1 cup Brown Rice Penne
- 142 grams Chickpea Pasta
- 4 1/8 cups Chickpeas
- 2/3 cup Orzo
- 1/2 cup Quinoa
- 64 grams Whole Wheat Spaghetti

**Baking**

- 1/4 cup Honey

**Bread, Fish, Meat & Cheese**

- 28 grams Brie Cheese
- 142 grams Chicken Sausage
- 1/2 cup Cream Cheese, Regular
- 113 grams English Muffin
- 1/4 cup Goat Cheese
- 35 grams Pancetta
- 1/2 cup Parmigiano Reggiano
- 142 grams Prosciutto
- 2 cups Ricotta Cheese
- 227 grams Shrimp
- 794 grams Sourdough Bread
- 265 grams Tofu
- 3 Whole Wheat Tortilla

**Condiments & Oils**

- 2 1/4 tps Apple Cider Vinegar
- 2 1/16 tps Coconut Aminos
- 1 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Kimchi
- 1 tbsp Mayonnaise
- 1/3 cup Peanut Sauce
- 1/4 cup Pesto
- 2 1/16 tps Rice Vinegar
- 1/2 tsp Sriracha
- 1/2 tsp Tamari

**Cold**

- 12 Egg
- 2 1/2 cups Unsweetened Almond Milk

**Other**

- 1/2 cup Vanilla Protein Powder
- 1/4 cup Water



## Edamame Cream Cheese Toast

3 servings  
10 minutes

### Ingredients

1 1/2 cups Frozen Edamame  
298 grams Sourdough Bread (toasted)  
1/2 cup Cream Cheese, Regular  
3/4 cup Broccoli Sprouts  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	480
Fat	17g
Carbs	57g
Fiber	6g
Sugar	3g
Protein	22g
Cholesterol	41mg
Sodium	678mg
Vitamin A	231IU
Vitamin C	7mg
Calcium	96mg
Iron	5mg

### Directions

- 1 Cook the edamame in salted boiling water for three to four minutes.
- 2 Top the sourdough toast with cream cheese, edamame, broccoli sprouts, salt, and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate leftovers in an airtight container and consume within one day for best results.

**Serving Size:** One serving is two pieces of toast.

**Make it Vegan:** Omit the cream cheese. Use vegan cream cheese, mashed avocado, or hummus instead.

**Additional Toppings:** Sprinkle with chilli flakes.

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

**More Flavor:** Top with extra virgin olive oil or flavor-infused oil.

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



## Strawberry Almond Protein Smoothie

2 servings

5 minutes

### Ingredients

3 cups Strawberries (frozen)  
2 Banana (small, frozen)  
1/2 cup Vanilla Protein Powder  
3 tbsps Almond Butter  
2 tbsps Ground Flax Seed  
2 1/2 cups Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

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

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

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



## Potato Chickpea Breakfast Hash with Fried Eggs

2 servings

30 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 3 Russet Potato (medium, cut into small cubes)
- 1/4 cup Red Onion (chopped)
- 1 cup Chickpeas (cooked, rinsed well)
- 1 tsp Paprika
- 3/4 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 2 cups Baby Spinach (chopped)
- 2 Egg

### Nutrition

Amount per serving	
Calories	594
Fat	21g
Carbs	83g
Fiber	14g
Sugar	8g
Protein	22g
Cholesterol	186mg
Sodium	729mg
Vitamin A	3698IU
Vitamin C	33mg
Calcium	153mg
Iron	7mg

### Directions

- 1 Heat 3/4 of the oil in a pan over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until the potatoes start to brown and soften. Add the onion and continue to cook for five to six minutes more.
- 2 Add the chickpeas, paprika, garlic powder, and salt and continue to cook until the potatoes are tender and chickpeas are warmed through, about three to five minutes. Add the spinach and stir until wilted. Season with additional salt if needed.
- 3 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with additional salt to taste.
- 4 Divide the potato hash and eggs between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

**Serving Size:** One serving is approximately two cups of potato hash and one egg.

**More Flavor:** Add other dried herbs and spices to the potato hash to taste, like cumin, chili powder, or oregano. Add bell pepper, jalapeno, or top with fresh herbs.

**Potato:** Three medium potatoes yield approximately three cups of potato cubes.

**No Spinach:** Use kale instead.

**No Eggs:** Omit or serve beside protein of choice instead (chicken, tofu, pork, or beef).



## Tortilla & Bell Pepper Snack Plate

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Chickpeas (cooked)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 Whole Wheat Tortilla (sliced)
- 3 Red Bell Pepper (medium, sliced)

### Nutrition

Amount per serving	
Calories	332
Fat	11g
Carbs	48g
Fiber	13g
Sugar	10g
Protein	12g
Cholesterol	0mg
Sodium	264mg
Vitamin A	3750IU
Vitamin C	153mg
Calcium	149mg
Iron	4mg

### Directions

- 1 Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
- 2 Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

### Notes

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

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

**More Flavor:** Add your choice of herbs and spices to the chickpeas.





## English Muffin with Ricotta & Honey

4 servings

5 minutes

### Ingredients

2 cups Ricotta Cheese  
113 grams English Muffin (toasted)  
1/4 cup Honey

### Nutrition

Amount per serving	
Calories	296
Fat	13g
Carbs	40g
Fiber	4g
Sugar	17g
Protein	11g
Cholesterol	61mg
Sodium	256mg
Vitamin A	552IU
Vitamin C	0mg
Calcium	295mg
Iron	1mg

### Directions

- 1 Spread ricotta cheese overtop the english muffin slice. Drizzle with honey and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container up to three days.

**Gluten-Free:** Use a rice cake or gluten-free bread slice instead of english muffin.

**Dairy-Free:** Use a nut-based cheese instead of ricotta cheese.

**Additional Toppings:** Crushed pistachios, cinnamon, bee pollen, hemp hearts or sliced almonds.

**English Muffin:** One English muffin is roughly 2-ounces or 57-grams.



## Brie, Prosciutto & Pear Sandwich

1 serving  
10 minutes

### Ingredients

1 tsp Dijon Mustard  
99 grams Sourdough Bread (toasted)  
28 grams Brie Cheese (sliced)  
57 grams Prosciutto  
1/2 Pear (sliced)  
1/2 tsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	540
Fat	17g
Carbs	61g
Fiber	5g
Sugar	9g
Protein	30g
Cholesterol	69mg
Sodium	1764mg
Vitamin A	190IU
Vitamin C	6mg
Calcium	60mg
Iron	4mg

### Directions

- 1 Spread the mustard onto the toast. Layer the brie, prosciutto, and pear on one slice of bread. Drizzle the oil on top of the sandwich and top with the other piece of bread. Enjoy!

### Notes

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

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

**More Flavor:** Add arugula or fresh basil leaves.

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

**Dairy-Free:** Omit the brie cheese.

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



## 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.



## Egg & Spinach on Toast

6 servings

15 minutes

### Ingredients

6 Egg  
1 tbsp Extra Virgin Olive Oil  
12 Garlic (cloves, sliced)  
1 tbsp Chili Flakes  
8 cups Baby Spinach  
3/4 tsp Sea Salt (to taste)  
298 grams Sourdough Bread (toasted)

### Nutrition

Amount per serving	
Calories	234
Fat	7g
Carbs	28g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	186mg
Sodium	637mg
Vitamin A	4021IU
Vitamin C	14mg
Calcium	78mg
Iron	3mg

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for 6 1/2 minutes for a soft-boiled egg. Once the egg is done, add to a bowl of ice water and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add garlic and chili flakes and sauté for a minute. Add spinach and cook for two to three minutes or until soft. Season with salt and pepper.
- 3 Add the spinach to the toast. Peel the egg, slice it in half, and place it on top of the spinach. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add onion and tomatoes.

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



## 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.



## Kimchi, Egg & Rice Bowl

2 servings

15 minutes

### Ingredients

1 cup Basmati Rice (uncooked)  
1 1/3 tbsps Extra Virgin Olive Oil  
8 Cremini Mushrooms (quartered)  
4 Egg  
1/2 cup Bean Sprouts  
1/2 cup Matchstick Carrots  
1/4 cup Kimchi  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	627
Fat	19g
Carbs	89g
Fiber	5g
Sugar	4g
Protein	25g
Cholesterol	372mg
Sodium	398mg
Vitamin A	2796IU
Vitamin C	4mg
Calcium	72mg
Iron	3mg

### Directions

- 1 Cook rice according to package instructions.
- 2 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 3 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 4 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

### Notes

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

**More Flavor:** Cook the eggs in sesame oil. Serve with soy sauce.



## Fiddlehead & Edamame Pesto Pasta

2 servings  
20 minutes

### Ingredients

- 1 cup Brown Rice Penne (uncooked)
- 228 grams Fiddleheads (trimmed and washed)
- 1 cup Frozen Edamame (shelled, thawed)
- 1/4 cup Pesto
- 2 1/4 tsps Apple Cider Vinegar (to taste)
- 1/8 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	475
Fat	18g
Carbs	59g
Fiber	8g
Sugar	4g
Protein	22g
Cholesterol	0mg
Sodium	344mg
Vitamin A	4832IU
Vitamin C	35mg
Calcium	182mg
Iron	4mg

### Directions

- 1 Cook the penne according to package instructions. Drain the pasta and set aside.
- 2 Meanwhile, ensure the fiddleheads are washed thoroughly, removing as much dirt and brown papery husk as possible. Add the fiddleheads to a large saucepan and cover with water. Bring to a boil then lower to a simmer for 15 minutes or until tender and cooked through. Drain and rinse the fiddleheads.
- 3 In a large bowl, combine the penne, fiddleheads, edamame, pesto, apple cider vinegar, and sea salt to taste. Divide into bowls and enjoy!

### Notes

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

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

**More Flavor:** Add garlic. Use lemon juice instead of apple cider vinegar. Roast the fiddleheads until browned.

**Additional Toppings:** Add parmesan, capers, cherry tomatoes, or fresh herbs.

**Food Safety:** Fiddleheads must be cleaned thoroughly, and boiled or steamed for at least 15 minutes to reduce the potential for food-borne illness.



## Spicy Shrimp Sushi Bowls

2 servings  
30 minutes

### Ingredients

- 3/4 cup Brown Rice
- 227 grams Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- 1/2 tsp Tamari
- 1 Carrot (shredded)
- 1/2 Cucumber (sliced)
- 1/2 Avocado (cubed)

### Nutrition

Amount per serving	
Calories	564
Fat	22g
Carbs	63g
Fiber	7g
Sugar	4g
Protein	30g
Cholesterol	185mg
Sodium	327mg
Vitamin A	5294IU
Vitamin C	9mg
Calcium	108mg
Iron	2mg

### Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 3 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 4 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

### Notes

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

**More Flavor:** Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

**Additional Toppings:** Sesame seeds and/or lime zest.





## Orzo with Sausage & Mushrooms

2 servings  
25 minutes

### Ingredients

- 2/3 cup Orzo (dry)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 142 grams Chicken Sausage (casing removed)
- 2 cups Shiitake Mushrooms (stem removed, sliced)
- 6 Cremini Mushrooms (large, sliced)
- 1/2 tsp Sea Salt
- 1/4 cup Parmigiano Reggiano (finely grated)
- 2 tps Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	501
Fat	22g
Carbs	56g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	98mg
Sodium	1422mg
Vitamin A	114IU
Vitamin C	2mg
Calcium	227mg
Iron	6mg

### Directions

- 1 Cook the orzo according to package directions. Let it sit in the pot, covered to keep warm.
- 2 Heat a large dutch oven over medium heat. Once warm, add 1/3 of the oil and then the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside.
- 3 In the same dutch oven, over medium heat, add the mushrooms and cook until softened, about five to seven minutes. Season with salt.
- 4 Add the orzo to the dutch oven along with the cooked sausage. Mix to combine. Add the remaining oil, parmesan, and dill and gently toss. Divide evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/4 cups.

**More Flavor:** Add chili flakes.

**Gluten-Free:** Use gluten-free pasta or rice.

**Dairy-Free:** Use a dairy-free parmesan or nutritional yeast.



## Peanut & Edamame Chickpea Pasta

2 servings

15 minutes

### Ingredients

142 grams Chickpea Pasta (dry)  
1 cup Frozen Edamame  
1/4 cup Peanut Sauce

### Nutrition

Amount per serving	
Calories	422
Fat	14g
Carbs	55g
Fiber	15g
Sugar	14g
Protein	29g
Cholesterol	0mg
Sodium	561mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	106mg
Iron	9mg

### Directions

- 1 Cook the pasta according to the package directions. In the final two minutes of cooking the pasta, add the frozen edamame and cook. Drain everything together and then add everything back to the pot.
- 2 Add the peanut sauce to the pasta and edamame and stir well. Serve and enjoy!

### Notes

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

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

**More Flavor:** Add hot sauce, minced garlic, and/or spinach.

**Additional Toppings:** Chopped green onions, hemp hearts, and/or basil.



## Snap Pea & Pancetta Pasta

1 serving  
20 minutes

### Ingredients

- 64 grams Whole Wheat Spaghetti
- 1/4 cup Water (reserved from cooking pasta)
- 35 grams Pancetta (chopped into small pieces)
- 1 cup Snap Peas (trimmed, chopped)
- 2 2/3 tbsps Parmigiano Reggiano (finely grated)
- 1/2 Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Fresh Dill

### Nutrition

Amount per serving	
Calories	467
Fat	19g
Carbs	56g
Fiber	9g
Sugar	6g
Protein	23g
Cholesterol	33mg
Sodium	432mg
Vitamin A	846IU
Vitamin C	22mg
Calcium	275mg
Iron	4mg

### Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Add the pancetta to a large skillet over medium-high heat. Cook for three to four minutes and then drain the excess oil. Add the snap peas to the pan and sauté for another minute.
- 3 Add the spaghetti, reserved pasta water, parmesan cheese, and lemon zest to the pan. Season with salt and pepper, stir, and cook for two to three minutes.
- 4 Drizzle with lemon juice right before serving. Top with fresh dill and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/3 cup.

**More Flavor:** Add asparagus and/or green peas.

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

**No Fresh Dill:** Omit or use parsley or basil instead.