














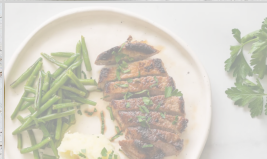






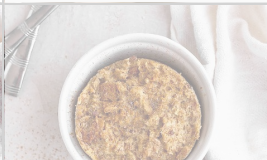
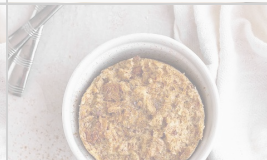




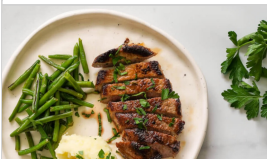































EXERCISE
with Style

28 Day Balanced 2100 Calorie
Meal Plan PDF (Week 3)

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Omelette with Toast & Banana	 Omelette with Toast & Banana	 Omelette with Toast & Banana	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie	 Maple Lentil Breakfast Sausage with Turnip...	 Maple Lentil Breakfast Sausage with Turnip...
Snack 1	 Bagel with Ghee	 Bagel with Ghee	 Bagel with Ghee	 Cauliflower Hummus Rollups	 Cauliflower Hummus Rollups	 Cauliflower Hummus Rollups	 Cauliflower Hummus Rollups
Lunch	 Beef & Veggie Skillet	 Steak, Mashed Potatoes & Green Beans	 Roasted Eggplant Sandwich	 Tofu Broccoli Pasta	 Steak, Plantain & Black Beans	 Fettuccine with Sausage, Beans & Kale	 Sardine Spaghetti
Snack 2	 0.5 French Toast Mug Cake	 0.5 French Toast Mug Cake	 0.5 French Toast Mug Cake	 1.5 Edamame Ricotta Toast	 1.5 Edamame Ricotta Toast	 1.5 Edamame Ricotta Toast	 1.5 Edamame Ricotta Toast
Dinner	 Steak, Mashed Potatoes & Green Beans	 Roasted Eggplant Sandwich	 Tofu Broccoli Pasta	 Steak, Plantain & Black Beans	 Fettuccine with Sausage, Beans & Kale	 Sardine Spaghetti	 Fiddlehead & Edamame Pesto Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  32%	Fat  32%	Fat  35%	Fat  36%	Fat  33%	Fat  32%
Carbs  49%	Carbs  50%	Carbs  51%	Carbs  45%	Carbs  44%	Carbs  48%	Carbs  49%
Protein  20%	Protein  18%	Protein  17%	Protein  20%	Protein  20%	Protein  19%	Protein  19%
Calories 2132	Calories 2188	Calories 2092	Calories 2137	Calories 2169	Calories 2201	Calories 2169
Fat 74g	Fat 77g	Fat 74g	Fat 85g	Fat 89g	Fat 83g	Fat 78g
Carbs 260g	Carbs 277g	Carbs 271g	Carbs 249g	Carbs 245g	Carbs 266g	Carbs 272g
Fiber 25g	Fiber 27g	Fiber 29g	Fiber 44g	Fiber 40g	Fiber 51g	Fiber 52g
Sugar 42g	Sugar 49g	Sugar 48g	Sugar 66g	Sugar 65g	Sugar 44g	Sugar 44g
Protein 107g	Protein 98g	Protein 89g	Protein 112g	Protein 112g	Protein 104g	Protein 104g
Cholesterol 859mg	Cholesterol 819mg	Cholesterol 715mg	Cholesterol 115mg	Cholesterol 230mg	Cholesterol 252mg	Cholesterol 137mg
Sodium 2463mg	Sodium 2769mg	Sodium 3148mg	Sodium 2305mg	Sodium 2309mg	Sodium 2534mg	Sodium 1821mg
Vitamin A 2359IU	Vitamin A 2941IU	Vitamin A 2527IU	Vitamin A 12231IU	Vitamin A 12402IU	Vitamin A 7175IU	Vitamin A 11269IU
Vitamin C 187mg	Vitamin C 104mg	Vitamin C 108mg	Vitamin C 188mg	Vitamin C 117mg	Vitamin C 85mg	Vitamin C 110mg
Calcium 585mg	Calcium 781mg	Calcium 969mg	Calcium 1398mg	Calcium 1397mg	Calcium 1087mg	Calcium 975mg
Iron 21mg	Iron 20mg	Iron 20mg	Iron 19mg	Iron 20mg	Iron 29mg	Iron 27mg

Fruits

- 3 Banana
- 1 Lemon
- 1 3/4 tbsps Lemon Juice
- 1 tbsps Lime Juice
- 1 Plantain

Breakfast

- 1/4 cup Almond Butter
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tsps Cinnamon
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 tsp Herbes De Provence
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning

Frozen

- 1 1/3 cups Cauliflower Rice
- 1 cup Frozen Banana
- 2 3/4 cups Frozen Edamame
- 1 cup Frozen Mango

Vegetables

- 2 cups Baby Spinach
- 3 tbsps Basil Leaves
- 2 cups Broccoli
- 2 Carrot
- 1/4 cup Cilantro
- 1/2 Cucumber
- 1 Eggplant
- 114 grams Fiddleheads
- 2 Garlic
- 2 1/16 cups Green Beans
- 3/4 cup Kale Leaves
- 1/3 cup Parsley
- 3/4 cup Red Onion
- 57 grams Roasted Red Peppers
- 2 1/8 tbsps Shallot
- 3 Turnip
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion
- 3 1/16 Yellow Potato
- 1/3 Zucchini

Boxed & Canned

- 1/2 cup Black Beans
- 1/3 cup Brown Rice
- 79 grams Brown Rice Fettuccine
- 1/2 cup Brown Rice Penne
- 2/3 cup Cannellini Beans
- 2 cups Lentils
- 1 1/3 tbsps Salsa
- 160 grams Sardines
- 1 1/2 cups Whole Wheat Penne
- 128 grams Whole Wheat Spaghetti

Baking

- 1 tbsps Arrowroot Powder
- 1 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 3 Bagel
- 136 grams Chicken Sausage
- 113 grams Extra Lean Ground Beef
- 85 grams Mozzarella Ball
- 1/3 cup Parmigiano Reggiano
- 3/4 cup Ricotta Cheese
- 227 grams Sourdough Baguette
- 446 grams Sourdough Bread
- 170 grams Tofu
- 454 grams Top Sirloin Steak
- 4 slices Whole Grain Bread
- 4 Whole Wheat Tortilla

Condiments & Oils

- 1 1/8 tsps Apple Cider Vinegar
- 1 3/4 tsps Avocado Oil
- 1/4 cup Black Olives
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Pesto
- 1/4 cup Sun Dried Tomatoes
- 2 tbsps Tamari

Cold

- 2 1/4 tbsps Butter
- 11 Egg
- 3 tbsps Ghee
- 1 cup Hummus
- 1/4 cup Oat Milk
- 1/4 cup Orange Juice
- 2 cups Unsweetened Almond Milk

Other

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



Omelette with Toast & Banana

3 servings
10 minutes

Ingredients

9 Egg
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
149 grams Sourdough Bread (toasted)
3 Banana

Nutrition

Amount per serving	
Calories	483
Fat	19g
Carbs	52g
Fiber	4g
Sugar	15g
Protein	25g
Cholesterol	558mg
Sodium	453mg
Vitamin A	886IU
Vitamin C	11mg
Calcium	90mg
Iron	4mg

Directions

- 1 Whisk the eggs in a small bowl and season with salt and pepper to taste.
- 2 Heat the oil in a pan over medium heat. Add the eggs and cook until almost set. Fold in half and transfer the omelette to a plate.
- 3 Serve with the toast and banana. Enjoy!

Notes

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

Gluten-Free: Use gluten-free bread.

More Flavor: Add butter or mayonnaise to the toast.

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



Cucumber, Mango & Banana Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Frozen Banana
- 1 cup Frozen Mango
- 1/2 Cucumber (medium, chopped)
- 2 cups Baby Spinach
- 1/4 cup Almond Butter
- 1 tsp Cinnamon
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g
Cholesterol	4mg
Sodium	228mg
Vitamin A	4360IU
Vitamin C	50mg
Calcium	743mg
Iron	3mg

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 cashew or oat.

No Almond Butter: Use cashew butter or sunflower seed butter.

Additional Toppings: Add chia seeds or hemp seeds.

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



Maple Lentil Breakfast Sausage with Turnip Hashbrowns

2 servings
30 minutes

Ingredients

2 cups Lentils (cooked, drained, rinsed)
2 tbsps Ground Flax Seed
1 tbsp Arrowroot Powder
1/2 tsp Garlic Powder
3 tbsps Maple Syrup
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
3 Turnip (medium, cubed)

Nutrition

Amount per serving	
Calories	589
Fat	23g
Carbs	78g
Fiber	21g
Sugar	29g
Protein	21g
Cholesterol	0mg
Sodium	131mg
Vitamin A	16IU
Vitamin C	41mg
Calcium	134mg
Iron	8mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Combine the lentils, ground flax seed, arrowroot powder, garlic powder, maple syrup, and 2/3 of the oil in a food processor. Process until a smooth, thick batter has formed. If the batter is too crumbly, add a little bit of water one teaspoon at a time, and continue to process until you have a thick batter.
- 3 Form the patties by scooping 3/4 cup of the lentil mixture into your hands, roll it into a ball, then flatten it with the palm of your hand. Each patty should be approximately three inches in diameter.
- 4 Heat half of the remaining oil in a large pan over medium heat. Fry the lentil patties for three to four minutes on each side, until browned. Remove from the heat.
- 5 Toss the turnip in the remaining oil. Transfer them to a baking sheet and bake for 20 minutes, or until fork-tender and golden brown.
- 6 Serve the lentil patties with the turnip hashbrowns and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Lentil patties can be frozen for up to three months.

Serving Size: One serving is equal to one lentil patty and approximately 1/2 cup of turnip hashbrowns.

More Flavor: Add liquid smoke to the lentil patties.

Additional Toppings: Smashed avocado or hummus.



Bagel with Ghee

3 servings

5 minutes

Ingredients

- 3 tbsps Ghee
- 3 Bagel (plain, sliced in half, toasted)

Nutrition

Amount per serving	
Calories	387
Fat	13g
Carbs	55g
Fiber	2g
Sugar	9g
Protein	11g
Cholesterol	30mg
Sodium	513mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	230mg
Iron	4mg

Directions

- 1 Spread the ghee onto each side of the bagel and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Use a dairy-free alternative to ghee.

Additional Toppings: Top with a slice of cheddar cheese.

Gluten-Free: Use a gluten-free bagel.



Cauliflower Hummus Rollups

4 servings
10 minutes

Ingredients

- 1 cup Hummus
- 4 Whole Wheat Tortilla (large)
- 1 1/3 cups Cauliflower Rice
- 2 Carrot (small, grated)
- 1/2 cup Red Onion (diced)

Nutrition

Amount per serving	
Calories	300
Fat	15g
Carbs	34g
Fiber	9g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	544mg
Vitamin A	5112IU
Vitamin C	3mg
Calcium	150mg
Iron	3mg

Directions

- 1 Spread the hummus evenly over the tortilla. Sprinkle the cauliflower rice, carrots, and red onion on top. Roll tightly into a wrap and slice into quarters. Enjoy!

Notes

Leftovers: For best results, assemble the wrap just before eating.

Gluten-Free: Use a gluten-free tortilla, bread, or lettuce wraps instead.

Additional Toppings: Add sliced green onions, bell peppers, olives, cucumber, or spinach.



Beef & Veggie Skillet

1 serving
20 minutes

Ingredients

1/3 cup Brown Rice
1/4 tsp Avocado Oil
1/4 Yellow Onion (chopped, medium size)
113 grams Extra Lean Ground Beef
1 1/2 tsps Taco Seasoning
1/2 Garlic (clove, minced)
1/3 Zucchini (medium, chopped)
1/4 Yellow Bell Pepper (chopped)
1 1/3 tsps Salsa
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	524
Fat	15g
Carbs	67g
Fiber	6g
Sugar	6g
Protein	31g
Cholesterol	74mg
Sodium	623mg
Vitamin A	356IU
Vitamin C	99mg
Calcium	71mg
Iron	6mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat a pan over medium heat. Drizzle in the oil and add the onion and sauté for about four to five minutes, until fragrant and softened. Add the beef, taco seasoning, and garlic and cook for six to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 3 Add the zucchini, pepper, and salsa to the pan and cook, stirring occasionally until the zucchini is just softened, about ten minutes. Divide into bowls and enjoy!

Notes

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

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

Additional Toppings: Top with cilantro.

Make it Vegan: Use extra firm tofu instead of ground beef.



French Toast Mug Cake

2 servings

10 minutes

Ingredients

- 2 Egg
- 1/4 cup Oat Milk
- 1/2 tsp Cinnamon
- 1 tbsp Maple Syrup
- 4 slices Whole Grain Bread (cut into small pieces)

Nutrition

Amount per serving	
Calories	333
Fat	9g
Carbs	45g
Fiber	7g
Sugar	12g
Protein	18g
Cholesterol	186mg
Sodium	400mg
Vitamin A	272IU
Vitamin C	0mg
Calcium	173mg
Iron	3mg

Directions

- 1 In a mug whisk the egg and milk together. Stir in the cinnamon and maple syrup.
- 2 Add the bread to the mug and stir to combine with the egg mixture. If the bread isn't saturated with the egg mixture add a splash more milk. Press the bread into an even layer in the bottom of the mug and let it rest for about five minutes so the bread can absorb the egg mixture.
- 3 Microwave for two minutes or until the bread is firm to the touch and just moist on top. Let the mug cake cool slightly then transfer to a plate or a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Gluten-Free: Use gluten-free bread instead.

No Oat Milk: Use another non-dairy or dairy milk instead.

More Flavor: Add vanilla, nutmeg or a pinch of salt.

Additional Toppings: Maple syrup, butter, fresh berries, or chia jam.

Cooking Time: Cooking time may vary depending on microwave.



Edamame Ricotta Toast

6 servings

10 minutes

Ingredients

3/4 cup Ricotta Cheese
1 tbsp Lemon Juice
2 1/4 cups Frozen Edamame (thawed, divided)
Sea Salt & Black Pepper (to taste)
298 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	31g
Fiber	4g
Sugar	1g
Protein	14g
Cholesterol	15mg
Sodium	276mg
Vitamin A	311IU
Vitamin C	6mg
Calcium	101mg
Iron	3mg

Directions

- 1 Add ricotta, lemon juice, and 2/3 of the edamame to the bowl of a food processor. Process until smooth. Season with salt and pepper.
- 2 Spread the ricotta mixture onto the toast. Top with the remaining edamame. Enjoy!

Notes

Leftovers: Refrigerate the edamame ricotta mixture in an airtight container for up to three days. Spread onto bread when ready to serve.

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

More Flavor: Add tomato and cucumber.

Additional Toppings: Add fresh herbs such as dill or parsley.

Gluten-Free: Use gluten-free bread instead.

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



Steak, Mashed Potatoes & Green Beans

2 servings
20 minutes

Ingredients

3 Yellow Potato (medium, peeled and chopped)
1/2 tsp Sea Salt (divided)
1 tbsp Butter (divided)
227 grams Top Sirloin Steak
2 cups Green Beans (trimmed)
2 tsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	571
Fat	22g
Carbs	63g
Fiber	9g
Sugar	6g
Protein	31g
Cholesterol	104mg
Sodium	674mg
Vitamin A	981IU
Vitamin C	77mg
Calcium	107mg
Iron	5mg

Directions

- 1 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 2 Add half of the salt and half of the butter to the potatoes. Mash the potatoes until they are your desired texture.
- 3 Season the steak with the remaining salt. Melt the remaining butter in a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
- 4 Add the green beans to the skillet and sauté for two to three minutes, or until browned.
- 5 Divide the steak, mashed potatoes, and green beans evenly between plates. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of potatoes, one cup of green beans, and steak.

More Flavor: Add garlic.

Dairy-Free: Use oil instead of butter.



Roasted Eggplant Sandwich

2 servings

40 minutes

Ingredients

1 Eggplant (medium, sliced into 1/2 inch thick rounds)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
57 grams Roasted Red Peppers
1 tsp Lemon Juice
227 grams Sourdough Baguette (toasted)
85 grams Mozzarella Ball (sliced)
3 tbsps Basil Leaves

Nutrition

Amount per serving	
Calories	580
Fat	18g
Carbs	84g
Fiber	8g
Sugar	13g
Protein	22g
Cholesterol	34mg
Sodium	929mg
Vitamin A	938IU
Vitamin C	16mg
Calcium	267mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the eggplant slices on the baking sheet. Toss with half of the oil and season with salt and pepper. Bake in the oven for 20 minutes or until soft and golden brown.
- 3 Meanwhile, in a food processor blend the roasted red pepper and lemon juice together until smooth. Season with salt and pepper.
- 4 Divide the roasted eggplant and roasted red pepper sauce between baguettes. Add the sliced mozzarella and basil leaves. Close the sandwich and enjoy!

Notes

Leftovers: Wrap the sandwich tightly and refrigerate for up to two days.

Serving Size: One serving is equal to one sandwich.

Gluten-Free: Use gluten-free bread or bun instead.

More Flavor: Add spinach, arugula, or lettuce instead. Top with fresh parsley.

Make it Vegan: Use plant-based cheese instead.



Tofu Broccoli Pasta

2 servings

15 minutes

Ingredients

- 1 1/2 cups Whole Wheat Penne (dry)
- 2 cups Broccoli (chopped into florets)
- 1/2 cup Water (reserved from cooking pasta)
- 2 tbsps Tamari
- 1/2 tsp Garlic Powder
- 2 tbsps Extra Virgin Olive Oil (divided)
- 170 grams Tofu (extra-firm, pressed, cubed)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Herbes de Provence

Nutrition

Amount per serving	
Calories	475
Fat	19g
Carbs	57g
Fiber	11g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	1053mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	295mg
Iron	5mg

Directions

- 1 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 2 In a small bowl, mix the tamari and the garlic powder to combine.
- 3 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 4 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 5 Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add more vegetables like onions and bell peppers.

Additional Toppings: Top with your favorite toasted nuts and/or seeds.



Steak, Plantain & Black Beans

2 servings

45 minutes

Ingredients

- 1 1/2 Garlic (clove, minced)
- 1 tbsp Lime Juice (divided)
- 1/4 cup Orange Juice (divided)
- 1 1/2 tps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 227 grams Top Sirloin Steak
- 1 Plantain (peeled and diced)
- 1/4 cup Red Onion (thinly sliced)
- 1/2 cup Black Beans (cooked)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	523
Fat	21g
Carbs	60g
Fiber	7g
Sugar	27g
Protein	29g
Cholesterol	88mg
Sodium	66mg
Vitamin A	1725IU
Vitamin C	45mg
Calcium	58mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a small bowl, whisk together the garlic, half of the lime juice, half of the orange juice, and half of the oil. Season with salt and pepper. Add to a sealable container with the steak. Seal the container, shake it, and marinate for 15 to 20 minutes.
- 3 Add the marinated steak and plantain slices to a baking sheet. Season the plantains with salt to taste. Bake in the oven for 30 minutes or until the plantains are fork-tender and slightly crispy.
- 4 Meanwhile, warm the remaining oil in a pan over medium heat. Add the red onion and sauté for two minutes. Add the remaining lime juice and orange juice, and continue to cook, stirring frequently for 10 minutes or until the onions have completely softened.
- 5 Add the black beans to the onions. Season as needed. Continue to cook for two to three minutes.
- 6 Divide the steak, plantains, onions, and black beans evenly between plates and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving is equal to one steak, 1/2 cup of plantains, and 1/3 cup of black bean and onion mixture.



Fettuccine with Sausage, Beans & Kale

2 servings
25 minutes

Ingredients

79 grams Brown Rice Fettuccine (dry)
1/3 cup Water (reserved pasta water)
136 grams Chicken Sausage (casing removed)
2 1/8 tbsps Shallot (peeled, finely chopped)
3/4 cup Kale Leaves (finely chopped)
2/3 cup Cannellini Beans (drained and rinsed)
Sea Salt & Black Pepper (to taste)
1/3 cup Parmigiano Reggiano (finely grated, divided)
1 1/4 tbsps Butter
1 1/4 tpsps Lemon Juice

Nutrition

Amount per serving	
Calories	507
Fat	23g
Carbs	53g
Fiber	7g
Sugar	4g
Protein	22g
Cholesterol	115mg
Sodium	1057mg
Vitamin A	738IU
Vitamin C	10mg
Calcium	294mg
Iron	6mg

Directions

- 1 Cook the fettuccine al dente according to package directions. Reserve some of the cooking water and set aside.
- 2 Heat a large dutch oven over medium heat. Once warm, add the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside in a large bowl.
- 3 Reduce the heat to medium-low and add the shallot. Cook until fragrant and softened, about five minutes. Add the kale and beans and season well with salt and pepper. Stir to combine and then transfer using a slotted spoon to the bowl with the sausage.
- 4 Remove the pot from the heat and add the pasta and half of the pasta water. Gently toss using tongs. Add 3/4 of the cheese and continue to gently toss together. Add the butter and lemon juice and toss again. Return the sausage and veggies to the pot. Add more of the reserved water, one tablespoon at a time as needed to loosen up the sauce.
- 5 Divide onto plates and top with the remaining cheese. Enjoy!

Notes

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

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

More Flavor: Add minced garlic and/or chili flakes while cooking the shallot.

Additional Toppings: Top with freshly chopped parsley.

No Kale: Use baby spinach or another type of leafy green instead.



Sardine Spaghetti

2 servings
20 minutes

Ingredients

128 grams Whole Wheat Spaghetti
160 grams Sardines (packed in oil, drained, chopped)
1/4 cup Sun Dried Tomatoes (chopped)
1 Lemon (small, juice and zest)
1/4 cup Black Olives (pitted, sliced)
1/4 cup Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	443
Fat	13g
Carbs	54g
Fiber	8g
Sugar	5g
Protein	30g
Cholesterol	114mg
Sodium	388mg
Vitamin A	842IU
Vitamin C	22mg
Calcium	357mg
Iron	7mg

Directions

- 1 Cook the spaghetti according to package directions, reserving roughly one cup of cooking water.
- 2 In a bowl, combine the sardines, sun dried tomatoes, lemon zest, juice, olives, and parsley.
- 3 Toss the hot pasta with the sardine mixture. Add some of the reserved pasta water, a little at a time, as necessary. Toss to coat and season with salt and pepper to taste. Enjoy!

Notes

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

Gluten-Free: Use brown rice spaghetti or gluten-free pasta of choice.

More Flavor: Add garlic oil, a pinch of red pepper flakes, and/or pesto.

Additional Toppings: Fresh basil, microgreens, and parmesan cheese.

No Sardines: Use canned tuna.



Fiddlehead & Edamame Pesto Pasta

1 serving
20 minutes

Ingredients

- 1/2 cup Brown Rice Penne (uncooked)
- 114 grams Fiddleheads (trimmed and washed)
- 1/2 cup Frozen Edamame (shelled, thawed)
- 2 tbsps Pesto
- 1 1/8 tps Apple Cider Vinegar (to taste)
- 1/16 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.